



Group Class Pricing

Group Classes (60 minute sessions unless otherwise noted)

See below for a sample of our class offerings. To view our current class schedule please visit our website at <http://www.becomepowerful.com/services/group-fitness/>

Butts N' Guts

Join us for a total body toning and sculpting class that will not only work your glutes and abs, but your back, legs, torso and upper body too. This fast paced class will incorporate a variety of different exercises using free weights, body weight exercises, stability equipment, bands, cardio and more. Due to the cardio nature of this class it is scheduled for 45 minutes. This is not your throwback 80s "Buns of Steel" - type class full of crunches and leg lifts. All are welcome as the instructor will adjust for different fitness levels.

Mat Pilates

Pilates mat exercises will stretch and tone your entire body increasing functionality and stability for everyday activities. Similar to yoga, Pilates links its specific sequencing with breathing, connecting the mind with the body. These exercises are suitable for any body type, and appropriate for any age or skill level.

Lunchtime Conditioning Workout

This class will jump start your lunch hour with a heavy dose of total body conditioning with workouts that blend both cardio and strength components. Come get your "sweat" on during lunch.

Vinyasa/Gentle Flow Yoga

This class blends two styles of Hatha Yoga - Anusara and Kripalu This unique style of yoga blends alignment principles of the body, heart-centeredness and meditation in movement. All levels of ability and yoga experience are honored for their unique differences, limitations, and talents. In each class students learn to find their own level of practice on a given day by looking inward.

Evening Conditioning Workout

End your day the right way, with a heavy dose of total body conditioning with workouts that blend both cardio and strength components. You'll get a workout that promises to help you "sleep like a baby".

MELT

Are you looking for a serious calorie burn? Empower's MELT class is based on the latest scientific findings regarding hormones, strength and conditioning and fat-burning. By revving up your exercise intensity you change your hormonal profile and ultimately have a greater effect on your resting metabolism thus burning more calories AT REST. Come feel the burn and change your metabolism from the inside out.

Boot Camp

Boot camp workouts are a great way to get fit, lose fat, and have fun. Empower's Boot Camp classes focus on full body fitness and address all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, and flexibility. Most importantly you'll get results!

Kettlebells

For those of you looking for a lean, strong body with a powerful core— kettlebell circuit training is for you. Empower's Kettlebell classes deliver a total body workout with strength and cardio training like no other. The classes are geared toward beginner and moderate ability levels.

Pass card option

5 class card	\$100
10 class card	\$180
15 class card	\$225