***BodyFlex:*** This total body strength training workout uses a plate loaded barbell to achieve maximum resistance benefits.  Shape and sculpt your body in this effective format.  This class is appropriate for everyone.

***BodyFlex Strength***- Same great workout as the original Body Flex class with a bit more resistance.

***Cycle -*** Get ready for the ride of your life and kick your workouts into high gear!  Each 30 minute session can burn 400+ calories!  Guaranteed to make you sweat this 30 minute class is for all levels.  Bikes are on first come first serve basis and limited to 10 members per class!

***Dance Party-* FREE TO ALL STATE EMPLOYEES** A high-energy dance workout infused with dance moves designed to make you sweat while still having fun! All state employees are welcomed to join this party for a great cardio workout.

***Jillian Michael’s Body Shred***- A high intensity and endurance based 30 minute workout. You will shred fat, define muscles, transform the entire look of your physique and dramatically enhance your overall athletic performance.

***Kickboxing:***  Join in on this total body cardio workout! This class provides quick and powerful jabs and punches with explosive leg kicks of the lower body. This is an overall total body strengthening class with the advantage of improving cardiovascular fitness.

***Pilates Core Fusion-*** Pilates infused with yoga.

***POP Pilates ™* :** A combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music—it’s like a “dance on the mat”! You’ll leave feeling sweaty, strong and ready to take on more!

***Bootcamp-*** Anything Goes! Every class is something different and you never know what you’re going to get because it is a surprise every time! With TRX, Step, kettlebells, cardio, sculpting and more you’ll get a great workout!

***Ride & Shine***- This 45-min class will get your engines started better than any cup of coffee. We’ll climb, sprint and push our way through rides and always come out feeling better about our bodies and ourselves. Your adrenaline will be soaring as you walk out with a smile on your face. All fitness levels are welcomed. Bikes are limited so come early!

***Step:***  An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor.  This class will teach the basic building blocks of step and is suitable for all levels

***Tabata 25-*** Tabata training is a type of high intensity interval training that follows a specific format: 20 seconds of a very high intensity exercise (e.g., high knees) 10 seconds of rest. Repeat 8 times for a total of 4 minutes. There will be approximately 5 tabata each class to include strength, cardio and core.

***Take 5***- **FREE TO ALL STATE EMPLOYEES** After a hard week of working out it is best to make sure that you also take care of your body so that you are able to go stronger the next week. This class encompasses flexibility, balance, recovery, repair and mindfulness.

***TGIF Dance Party:* FREE TO ALL STATE EMPLOYEES** Come get your groove on, this fitness party is designed for all levels and is a laid back, funky, booty shaking workout.  Bring your own style!

***Tower Power:*** Tower Power- Join us as we climb the floors of 2 Peachtree! A great way to strengthen your heart and lungs, burn calories and get in a free workout! This class is FREE to all state employees!! Raise your fitness level one step at a time!

***Yoga:*** Improve circulation, flexibility and energy through this foundational yoga class which combines relaxation with soft tissue lengthening and strengthening. Great for all levels!