

Heat Up Topeka class descriptions:

(Classes can be modified for all fitness levels)

Yoga:

This flow class focuses on the fundamental yoga poses that make up a well-rounded yoga practice. Yoga blocks and belts are used for a deeper stretch.

Cardio Remix:

This class offers a variety of exercise formats; such as kickboxing, interval type format with or without weights, circuit training, strength training and/or Pilates for toning & core strength.

STRONG Nation™:

This interval type class combines body weight, muscle conditioning, cardio and plyometric training moves that are synced to the music.

Restorative Yoga:

This meditative class is designed with gentle sequences using chairs, bolsters, blankets, and props that support the participants to fully relax the muscles & slow down the mental activity of the brain.

Zumba®:

This class is a Latin dance fitness class considered “Exercise in Disguise”. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.

Total Body Tone:

This full body conditioning class will get you a "head to toe" toning workout which may include all cardio, all strength training with or without weights, HIIT style, circuit training and more.

Cardio Sculpt:

This class includes a combination of muscle conditioning exercises utilizing hand weights, body weight moves, cardio with intervals of high and low impact cardiovascular exercises.

Pilates:

This class is a low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates moves target the core, although the exercises work other areas of your body as well.