Weight Training and Conditioning

Agility

BFS

Circuit

Cones

Core Work

Design Your Own

Endurance

Free Weights

Jump Ropes

Ladders

Lower Body Specific Lifts

Medicine Balls

Plyometrics

Power (Olympic Lifts)

Resistance Bands

Lifting with Stability Balls

Strength

Toning

Upper Body Specific Lifts

Aerobics

Body Sculpting

Cardio/Endurance

Circuit Training – Boot Camp

Core Work

Hand Weights

Jump Roping

Kickboxing

Low Impact

Medicine Balls

Pilates

Recreational Dances
- square, county swing and western, folk and round, waltz, foxtrot, swing, salsa, merange, line, tango, rumba, samba, cha-cha, bossa nova
folkdancing.org
sappireswan.com
dancetv.com
dosado.com

Resistance Bands

Stability Balls

Step

Tae-Bo

Yoga