

CARDIO Dance & Tone

with Olivia

9 AM Saturdays

Cardio Dance & Tone is a program created to combine cardio and toning for a complete fat burning workout. This class combines easy to follow cardio dance moves with interval plyometrics for a total body burn. This interval format uses high intensity dance moves followed by slower controlled weight training. All the while we'll be jamming to the latest pop, hip hop, 80's, 90's and dance music.