BBDA FIT! CLASS DESCRIPTIONS

BBDA FIT!

A workout for all fitness levels. By combining cardio, abs, glutes, and legs with low and high impact exercises, this class tones, strengthens and conditions the body.

MAKE ME SWEAT - ZUMBA MAMA!

An aerobic fitness class that features music and dance styles from across the globe. The easy to follow, addictive combinations make every fitness level feel welcomed.

TWERK

This particular class focuses on the butt! One of the biggest muscles in the body; build it up and burn more fat! Expect a warm­-up, a little dance cardio, body and booty isolations and a simple combo at the end of class, (you may even bring heels, if you feeling a little spontaneous)!

YOGA

A reflective practice that cultivates self ­awareness, balance, flexibility, endurance and grace. Acquire tools to train and quiet the mind while balancing and strengthening the body.