



CLASS DESCRIPTIONS

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The original and most popular indoor cycling class. Build endurance, burn calories, and reach your goals with motivating music and a great group atmosphere.



Latin-inspired dance fitness that feels like a party! Easy-to-follow moves, high energy, and serious calorie burn. All fitness levels welcome!



Train to the beat. This high-intensity class blends bodyweight, muscle conditioning, cardio, and plyometric moves with music designed to push you harder.



Low-impact, high-intensity workout that flows between Pilates and Yoga. Build strength, improve flexibility, and increase balance while being easy on your joints.



The original barbell class! Total body strength training using light to moderate weights with high reps. Tone, strengthen, and commit to a stronger you.



Release. Restore. Renew. A mobility and flexibility class designed to help you move better. Focus on breath, mobility, and functional movement.



Leverage your body weight with TRX® suspension training. Build strength, balance, flexibility, and core stability while improving overall performance.



Short, intense intervals that build strength, power, and endurance. Functional training designed to challenge your willpower, intensity, and nerve.



Strengthen your core from the inside out. Focus on abs, obliques, lower back, and stabilizing muscles for better posture, balance, and total-body strength.



High-intensity interval training with strength and conditioning circuits. Build power, improve endurance, and develop mental grit.



Heart-pumping mix of cardio, strength, and functional training. Kettlebells, circuits, heavy bags, and more. Build strength, improve endurance, and have fun doing it—together!



Designed for older adults of all fitness levels. Improve strength, balance, and mobility with low-impact exercises set to music. A supportive, social environment for lifelong movement.