**Class Descriptors – Strength & Conditioning**

**Bar & Bells**

A hybrid class combining barbell workouts and kettlebell routines to target strength and endurance.

**Body Tone**

Focused on full-body sculpting, this class combines resistance training with bodyweight exercises.

**Core**

A class designed to tone, build and strengthen the core muscles.

**Evolve Circuit Series**

Engage in a series of challenging circuits tailored to enhance strength, endurance, and agility.

**FormFirst Muscle & Methodology**

This class immerses you in the precise art of weightlifting, ensuring you perfect your lifting form and engage in exercises crafted for muscle growth.

**F30**

A 30-minute functional workout, designed to improve daily movement patterns and overall fitness.

**F60**

A 60-minute functional workout divided into 20 minutes of strength work, 20 minutes of conditioning, and 20 minutes of stretch and core.