


HIIT Blast: Hamilton's best (High Intensity Interval Training) is a 30 minute class that uses a combination of cardio and strength training conditioning to shed fat and build muscle. This class will burn calories 48 hours post your workout. Our Hamilton members love it because our women are in and out in 30 minutes, with a full body workout!

STRONG 30™: Get ready for dynamic total body workout all in 30 minutes. This efficient and focused class is a calorie burning, high intensity workout that combines core, functional strength with body weight muscle conditioning, cardio and plyometric training. Come and join us for a half hour of fun!

BOOTCAMP: Are you ready for a challenging full body workout? BootCamp will test your strength and cardiovascular conditioning through a series of body weight exercises and weight training movements. This amazing military style class is guaranteed to help you tone and condition your body, while increasing your overall energy!

TreadWORX: This Bad@ass cardio class will put you on treadmill and melt those unwanted calories away. TreadWORX balances sprints and slow walks with varying speeds and ramp heights to give you a workout that has all the ups and downs of a roller coaster. (This class takes places on Boutique Fit treadmills)


 **ZUMBA** : Get Grooving Ladies! Zumba is a fitness class that combines Latina and international music with dance moves that focuses on interval training and cardiovascular workouts. Our Hamilton women call this is workout in disguise. Come and join us for a class full of fun music and Latin flare and have fun!

Yoga: This is a perfect class for beginner students who want to learn the fundamental poses of yoga and also a great choice for seasoned students that are looking for a more gentle practice. This class will guide to you to move in and out of poses slowly, with a strong focus on body alignment and breath. Practising hatha yoga will allow you to develop strength, mindfulness and flexibility

Yoga Flow: A high-intensity yoga class that will have you moving from one Asana(posture) to the next with little to no break in between. This 30 minute class will build power and strength and have you explore new flows.

Yoga Pilates Blast: Yoga Flow and Pilates meet in this fusion class that will increase flexibility, muscular tone and body awareness. This hybrid class will add more flare and intensity to your already existing love for yoga.

Body Blast: Get functionally strong for everyday life with this aerobic inspired full body workout. This is class uses a combination of weight and cardio moves to create a killer workout. Body Blast always leaves our Hamilton women coming back for more.

 **aqua ZUMBA** : Aqua Zumba blends the Zumba philosophy with water resistance , for one pool party you shouldn't miss. This is less impact on your joints during an Aqua Zumba class, so you can really let loose. Our Hamilton women love our Aqua Zumba class.

Aqua-Fit: Aqua-Fit is a cardio-cased water workout that can be done in shallow or deep water. Some muscle conditioning may be included in the class with a variety of equipment like water weights, floatation belts and pool noodles. This is the class for you if you have joint pain or are looking for a no impact way to get in shape.