

MAC Cardio

MAC CARDIO KICKBOXING: Cardio kickboxing is a high intensity interval training class using punches and kicks to raise your heart rate. This class will teach you proper technique and combinations all while giving you a heart-pumping workout. No equipment necessary.

STRONG BY ZUMBA: STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

ZUMBA: Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™ that will leave you wanting more!