



Virtual Fitness Classes

- **20 Minute Core**-A mix of exercises that target your core muscles such as your upper and lower abdominals, obliques and lower back. What to bring to class? A towel, water bottle, mat, plus a positive attitude and determination.
- **Butts and Guts**-Dedicated to toning of your abs and legs with targeted movements. Classes will focus on core strengthening to build muscles, in addition, it'll also target your quads, glutes, inner/outer thighs and hamstrings.
- **Total Body Circuit Training**-A form of body conditioning that involves endurance training, resistance training, light-intensity aerobics, and exercises. It targets strength building and muscular endurance.
- **Titan Strength**-Will focus primarily on strength-based movements and tailored warm-up and flexibility to round things out.
- **Titan Interval**-Utilizes different interval patterns for a fun, fast-paced workout. A wide variety of exercises keep this class fresh and fun.
- **Midday Refresher**- Titan Midday Refresher is a perfect non-sweaty workout to break up your work day. Exercises will target the breathing, core, mobility and flexibility to help you destress and build in movement to your work day.

Links for Classes:

20 Minute Core, Butts and Guts, Total Body Circuit Training-
<https://www.youtube.com/channel/UCf7ESAaICw1SnkIFK3SWdRg/>

Titan Strength, Titan Interval (M/W 4:45pm- 5:30pm)-
<https://us.bbcollab.com/guest/b9d46553a38f4dafaf2d3b2a14b62b7d>

Midday Refresher- (M 11:30am-12pm)-
<https://us.bbcollab.com/guest/b9d46553a38f4dafaf2d3b2a14b62b7d>