

What to expect...

4 weeks of Yogarina FIT

4-5 workouts per week.

All workouts are under 30 minutes!

The program includes:

- Cardio Dance Bursts
- Bodyweight Ballet Bod
- Floor Barre Cardio Combo
- Banded Ballet Workout (resistance band workout)
- Barre Fit Classes
- Ballet Body Sculpt (weights suggested for max results)
- Yoga Warm ups & Cool Downs
- BONUS: Jump & Pump classes - Jump Rope & Strength Interval Training
- SMR Warm Ups
- Let's get bendy- mobility classes

There will also be a section of "HOW TO..." videos so you can learn positions and movements you may not be familiar with. If you've never taken a dance or barre class this section will give you the lingo and the alignment for the moves.

Get ready to feel strong yet graceful !