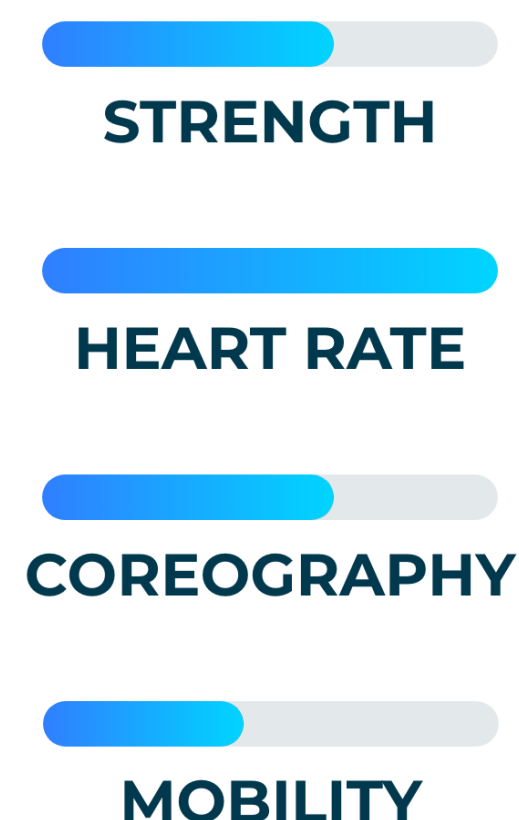


HYDROHEX CARDIO

Hydrohex CARDIO exists to improve your cardiovascular endurance, class after class. An interval influenced workout for those of you searching for heart-rate elevating challenges, Hydrohex CARDIO will lead you through engaging and athletic combos set to inspiring music with energizing coaching.

In addition to improving your general fitness via running, jumping and strength combined moves, Hydrohex CARDIO is a fast way to get lean and toned, and the overall fun of the class will make it an easy habit to repeat again and again!

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different focus: #athletic combining the high intensity blocks to push one's limits and #tone bringing more attention to maintaining muscular strength and toning.



CARDIO CLASS FORMATS

CARDIO Full Class 45min

1. Warm-up
2. Agility
3. Heart rate peak 1
4. Core
5. Combat
6. Interval
7. Heart rate peak 2
8. Cooldown

CARDIO #athletic 30min

Focus on maximal endurance training with high heart rate:

1. Warm-up
2. Agility
3. Heart rate peak
4. Interval
5. All out

CARDIO #tone 30min

Focus on toning and muscular endurance & activation:

1. Warm-up
2. Agility
3. Core
4. Combat
5. Interval