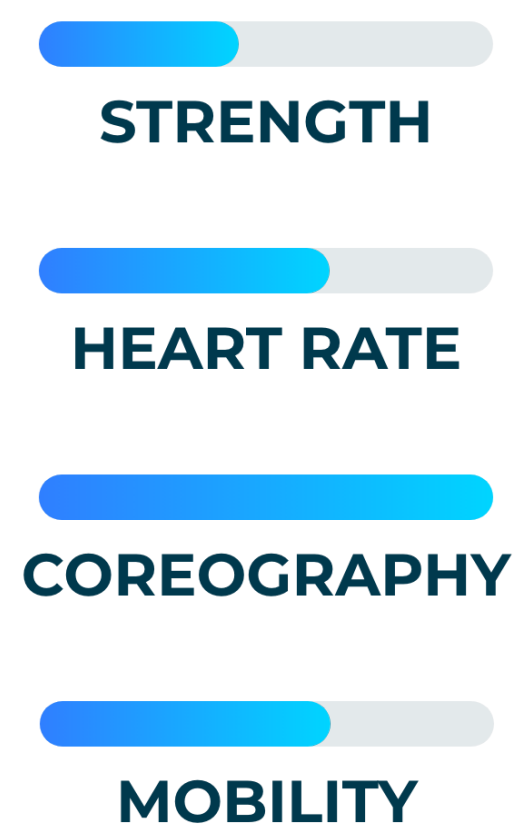


HYDROHEX BEAT

Hydrohex BEAT is the perfect combination of fun, rhythm and fitness training!

This energy lifting dance-like class invites you to step up and shine with different styles and movements: during the class you will build choreographies for you to vibe with, as well as doing broad, energizing movements to make you feel confident and composed.

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different emphasis: #stepup building an energetic heart-elevating choreography, and #shine focusing on alignments, posture and proud feeling.



BEAT CLASS FORMATS

BEAT Full Class 45min

1. Warm-up
2. Grooving & vibing
3. Shine build-up 1
4. Shine build-up 2
5. Celebrate & shine
6. Step-up build-up 1
7. Step-up build-up 2
8. Celebrate & step-up
9. Cooldown

BEAT #shine 30min

- Shine like a star with long alignments and proud feeling:
1. Warm-up
 2. Grooving & vibing
 3. Shine build-up 1
 4. Shine build-up 2
 5. Celebrate & shine
 6. Cooldown

BEAT #stepup 30min

- Step up to the beat and feel the rhythm:
1. Warm-up
 2. Grooving & vibing
 3. Step-up build-up 1
 4. Step-up build-up 2
 5. Celebrate & step-up
 6. Cooldown