:: **MEGAFORMER** ::

**Mega 45**: Signature 45 minute All-Level Class

Our signature 45 minute ALL-Level class on the patented megaformer uses slow and controlled movements under a spring loaded system. Expect to increase your strength, flexibility, and endurance, with the perfect blend of high intensity and low impact programming, guaranteed to deliver a full-body sweat.

**Mega X**: Mega Endurance Class - Advanced Level

Our ADVANCED megaformer endurance class kicks the intensity, and focus up a notch to provide new challenges to our advanced clients; body and mind.

This class is fast paced and geared towards building increased endurance through advanced level combinations, faster transitions, and increased focus on control and depth of movement. It is not a question of fitness level, but of familiarity with the megaformer + method; recommended to clients who have taken 30 or more classes.

:: **ROWING** ::

**Row 45**: 45 minute signature row Intervals

Experience the most efficient cardio and endurance training through the low-impact and total body conditioning of the Water rower. Our signature 45 minute rowing class is an ALL-Level class, delivered with high energy music, expert coaching and constantly evolving programs. Expect this class to take your cardio game to a new level, through a series of carefully structured work intervals focused on technique, cardio endurance and speed training through carefully structured training programs for any level.

**Row X**: 45 minute row + core :: strength

Experience the most efficient cardio and endurance training through the low-impact and total body conditioning of the Water rower, paired with our intense and effective total body core :: strength work on the mat. Expect this class to build your best endurance and strength base through a series of carefully paired cardio + endurance intervals on the Water Rower and core training intervals with light weights and resistance training on the mat. This is the perfect combination class for any fitness level looking for total body endurance and strength training.

:: **CORE** ::

**Core 45:** Signature45 minute core strengthclass on the mat

Our signature mat core class brings evolved strength and function to core work on the mat through safe and effective programming, with an intense focus on form and function. Expect to use light weights, band resistance, and body weight to strengthen and lengthen muscles through targeted + low impact movements. This class is ALL-Levels and is guaranteed to get deep into targeted muscle groups for your strongest core life yet. If you like barre, the controlled intensity of the megaformer, or just need a little more core strength in your life, this class is for you.

**Core X:** 55 minute cardio + core endurance class

Our Core X class blends the best of our core :: strength class with a cardio endurance series that will peak your heart rate for a more intensity and sweaty warmup to the strength and function of our core work o the mat. Expect a high intensity, but low impact, cardio series followed by strength and resistance training on the mat with light weights, band resistance and body weight combinations to strength and lengthen your muscles through targeted + low impact movements. This class is ALL-Levels and guaranteed to get deep into your targeted muscle groups. If you’re a fan of cardio barre, or are a cardio junkie needing to compliment your sweat life with a little core strength and endurance, this class is for you.

:: **BOXING** ::

Jojo will be offering small group training (semi-private pricing) :: space + availability is limited.

**Box X** : 45 minutes of Boxing fundamentals paired with cardio, strength, and the forced intensity of boxing for a powerful total body sweat. Get your most dynamic boxing experience with our heavy bag training, box masters, speed bags, TRX and more to strengthen your boxing foundation and strength.