

The Experience

- ▶ **What's your goal?**
Choose between lose weight, gain muscle, reduce stress, and more
- ▶ **Choose your level**
Choose between beginner, intermediate, or advanced
- ▶ **How many times per week do you plan to workout?**
- ▶ **How much time do you have to workout?**
- ▶ **Select your favorite type of classes**
Choose between cardio, strength, toning, dance, HIIT, kickboxing, stretch and so much more

