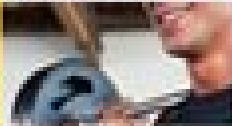
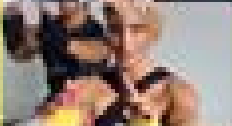
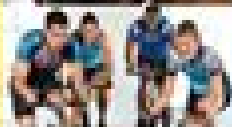
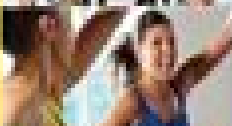
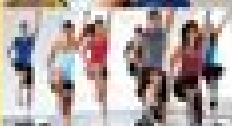
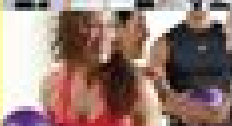
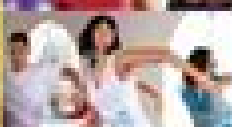


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	BODYCOMBAT™	A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. BUILDING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	N/A	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	BODYBALANCE™ / BODYFLOW™	A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEANS INTO FLOWING, STRETCHING, TONE AND ENDURANCE FOR BALANCE.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT (OPTIONAL)	SOLAR, CALMING & INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	RPM™	HIGH-INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER, FOR LONG.	45 MINUTES	INDOOR CYCLING (CARDIO)	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	INDOOR STATIONARY BIKE	THE LATEST PUMP & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACK™	A FULL-BODY, HIGH-ENERGY CARDIO WORKOUT TO INSPIRING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	N/A	THE LATEST PUMP & HARD-HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	BODYSTEP™	THE FAST TRACK. EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU UPPROUD AND READY FOR MORE. FOR LONG.	55 MINUTES	STEP-BASED CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 620 CALORIES	HEIGHT ADJUSTABLE STEP	THE LATEST PUMP & FUNKY TUNES	IMPROVES HEART & LUNG FITNESS IMPROVES AGILITY & COORDINATION INCREASES STRENGTH & ENDURANCE
	BODYVIVE™	A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER FOR A LEANER, STRONGER YOU. FOR. FORWARD.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF 420 CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES RANGE OF MOTION REDUCES STRESS
	BODYJAM™	FUELED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING FITTED. EXPRESS YOURSELF.	55 MINUTES	SPORTS-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 530 CALORIES	N/A	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
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