Done in one place: on your mat. Fire it up with high intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights, and cutting-edge Step360 technology designed to improve your body’s balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed. (Sneakers required)

**HIT 30**

Don’t hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it’s all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)