



WELCOME TO AKT

AKT is a full body workout that combines cardio dance intervals with strength and toning.



FULL BODY EFFICIENCY

Every class works the entire body, from all angles and in all planes of motion for a truly efficient workout.



COMPREHENSIVE CONTENT

Backed by science, and pulling from numerous exercise modalities, all class content works together to focus on results.



CHANGE ON PURPOSE

Get better at each workout and improve, then, after 3 weeks, be challenged in new ways to prevent boredom and burnout.



INSANELY FUN

Doing something enjoyable makes it easier to stay consistent.

[Free Class](#)