

Class Descriptions: (Not all described formats are represented on the schedule)

•GROUP EXERCISE CLASSES

Body Max: STRAIGHT FROM THE UK!! The fastest way to shape up and LOSE WEIGHT! This class was developed in England. Barbells will be used with varying weights for this full body workout. *The trademark motto of this class is “YOUR BODY WILL CHANGE!!”*

Pure Strength: The name says it all! Efficient, effective total body strength training using dumbbells to get stronger, leaner, and healthier!

Simply Sculpt: A total body strength training workout utilizing bands, dumbbells, and bodyweight. (45min)

Strength and Core: Everything stems from the core! Strengthen your midsection and in turn, strengthen your entire body. We focus on core movements to create a firm, strong body while boosting your metabolism too!!!!

Step and Strength: STEP is back!!! Combining strength and cardio for a fun and effective way to change up your workout using a stepper!!!

Strength Training 101: Learn how to properly strengthen your body with correct form using weights and body weight. This is a great class for beginners or anyone looking for a great strength session. (45 min)

Kettlebell: Strength training utilizing kettlebells to work multiple muscle groups at once while burning fat!!

Iron Circuit: The best of TRX and KETTLEBELL together!!! Circuit style class alternating with trx and kettlebells to create a challenging cardio and strength workout. You will leave sweaty!!!

Kickboxing: Kick and punch your way to fit!! We use light weights as well as our own bodyweight to get your heart rate up and tone all over.

PowerHour: Power through this challenging, ever-changing strength and cardio workout. Use all types of resistance and get uncomfortable to get stronger with the use of barbells, dumbbells, bands, bodyweight, and/or gliders!!

Rebound: Aerobic exercise performed while jumping on a mini trampoline. This fun and effective workout gets your heart rate up while toning all over. This type of aerobic exercise puts less stress on your joints to allow you to burn calories all while working your balance, increasing lymphatic flow, and having fun!!! You’ve gotta try this!!! **Beginner friendly

The Mix: Never the same. Always effective. A constantly changing blend of cardio, strength, pilates/ core, & mobility designed to make every minute count!

Zumba: Ditch the workout and join the party with this Latin-inspired dance fitness program that blends red-hot international music and contagious steps to form a “fitness party” that is downright addictive!

Roll and Release: Relieve stress in the body by targeting trigger points to eliminate pain, increase ROM and restore function through myofascial release. You will leave feeling great!!

•MIND/BODY STUDIO CLASSES

BarreFire: Set your muscles on fire ! Barre class that hits your muscles with small movements that are sure to make a big difference!

Pilates: Traditional mat Pilates and functional training with resistance balls and flex bands. Tone, define, and sculpt your entire body!

Barre/Fusion: The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility, and total conditioning.

Yoga Flow: All levels, energizing flow. Modifications provided so poses are accessible to varying levels. Strength, flexibility, and breathing techniques. YOU WILL SWEAT!

Vinyasa Yoga: Find personal empowerment and vitality in your life. Focus on alignment to improve strength, flexibility, and energy.

Yin Stretch and Meditation: Explore the mind/body connection. Slow, long held stretches, deep breath work, and meditation. De-stress, wind down, and feel refreshed with the powerful combo of Yin and Meditation.

•CYCLE CLASSES

Cycle: Get on your bike and ride!! Our instructors will guide you through a heart pumping workout on the bike that is sure to have you leaving sweaty!

Cycle Strong: A perfect mix of cycling and strength training with weights. The best of both worlds!

Hills and Drills: Push beyond your comfort zone with this high intensity workout consisting of cycling and weights.

**Thank you for your participation.
Any changes to schedule will be posted at the rec and updated on our weekly newsletter Be sure to sign up for email updates as well!**

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