

GroupFitnessSchedule


Monday

Tuesday

Wednesday


Thursday


 8:30 - 9:30 a.m.
Jump Start (Megan)


 6:30 - 7:15 a.m.
Total Body Toning (Kaitlyn)


 8:30 - 9:30 a.m.
Jump Start (Megan)


 6:30 - 7:15 a.m.
H.I.I.T (Kaitlyn)


 6:30 - 7:15 p.m.
Pilates
(Megan)

 7:00 - 8:00 p.m.
Mixed Levels Yoga
(Bailey)

 7:00 - 8:00 p.m.
Mixed Levels Yoga
(Bailey)

 7:00 - 7:45 p.m.
Butz and Gutz
(Kirsten)

 7:00 - 7:45 p.m.
Cardio Kickboxing
(Kirsten)

 8:00 - 8:30 p.m.
Upper Body Blast
(Kirsten)

 8:00 - 8:30 p.m.
Core Express (Kirsten)



* Any class cancellations will be posted on the Recreational Services social media

Studio 1

Studio 2

Studio 3

July 5 - July 28

Class Descriptions

Cardio and Strength

Jump Start: A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low impact)

Butz and Gutz: A class specific for strengthening and toning all muscles of your lower body and core. (All levels)

Total Body Toning: A format that brings weight training and body sculpting to your whole body by using barbells, body weight, and various training equipment. (All levels)

H.I.I.T: (High Intensity Interval Training) A high-intensity workout that focuses on full-body strength conditioning paired with cardio bursts. (Intermediate/Advanced)

Core Express: An intense 30-minute workout to strengthen the core and back muscles. (All levels)

Upper Body Blast: A class specific for strengthening and toning all the muscles of your upper body and core.

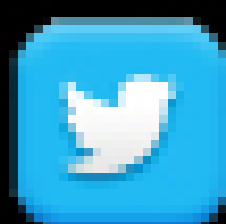
Cardio kickboxing: Punch, kick, and sweat your way through this kickboxing inspired workout. (All levels)

Mind and Body

Mixed Levels Yoga: This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. (All levels)



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