

## MONDAY

BARRE 45 SYDNEY 6:30-7:15AM



CYCLE 30 RACHEL 7:00-7:30AM



**JUMPSTART GREER** 8:00-8:45AM



CYCLE 45 **PEYTON** 5:30-6:I5PM



PUMPED UP STRENGTH BELLA 5:30-6:15PM





ZUMBA **PRESHOUS** 6:3O-7:3OPM



CYCLE 45 7:00-7:45PM





## **TUESDAY**

CYCLE 45 MICHAELA



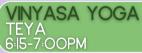
CYCLE 30 MAYA 7:00-7:30AM



INTERMEDIATE YOGA JFNNY 5:00-6:00PM



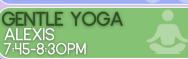












## WEDNESDAY

WAKE UP FLOW 6:30-7:15AM GREER



CYCLE 30 7:30-8:00AM ELLY

**JUMPSTART** 8:00-8:45AM GREER

STRENGTH PILATES 6:00-6:45PM GREER

ZUMBA **PRESHOUS** 6:3O-7:3OPM

CYCLE 45 6:30-7:15PM MAYA

INTERMEDIATE YOGA AI FXIS 7:45-8:45PM

CARDIO HIP-HOP 8:00-9:00PM KFLCIE

## THURSDAY

BARRE 30 **SYDNEY** 6:30-7:00AM



WAKE UP FLOW 7:30-8:15AM PEYTON

PUMPED UP STRENGTH 5:30-6:15PM BELLA

GENTLE YOGA 7:45-8:30PM ALEXIS

CARDIO HIP-HOP 8:00-9:00PM KELCIE

FRIDAY

CYCLE 30 7:00-7:30AM RACHEL

#### FITNESS SATURDAYS

INFORMATION AND SCHEDULE CAN BE FOUND ON OUR ROTATING SATURDAY **GROUP FITNESS SCHEDULE!** 



@kstaterec



# SPRING 2025 GROUP FITNESS DESCRIPTIONS







### MIND & BODY &

INTERMEDIATE YOGA: UTILIZING POSES TO HELP WITH STRENGTH AND FLEXIBILITY, THIS CLASS IS DESIGNED FOR STUDENTS WHO HAVE TAKEN YOGA BEFORE. THIS CLASS WILL HELP YOU TAKE YOUR PRACTICE TO THE NEXT LEVEL.

GENTLE YOGA: A GUIDED RESTFUL YOGA PRACTICE FOCUSED ON HOLDING POSES FOR LONGER DURATION TO HELP CALM YOUR MIND AND RELEASE TENSION IN YOUR MUSCLES. THIS CLASS WILL FOCUS ON SLOW MOVEMENTS, BREATHING TECHNIQUES, AND POSES. EMBRACE THE POWER OF REST. (LOW - MEDIUM IMPACT) WAKE UP FLOW: A CLASS TO GET YOUR BLOOD FLOWING AND INCORPORATE STRETCHING INTO YOUR WEEK! VINYASA YOGA: CLASS IS A DYNAMIC PRACTICE THAT LINKS BREATH TO MOVEMENT, GUIDING PARTICIPANTS THROUGH A SEQUENCE OF POSTURES IN A SMOOTH, FLOWING MANNER. THIS CLASS WILL HELP YOU BUILD STRENGTH, FLEXIBILITY, AND MINDFULNESS WHILE CREATING A MEDITATIVE RHYTHM THROUGH CONTINUOUS TRANSITIONS AND INTENTIONAL BREATHING

BARRE: A HYBRID OF BALLET-INSPIRED MOVES WITH DIFFERENT ELEMENTS OF BALLET, YOGA, AND STRENGTH TRAINING. (ALL LEVELS)

PILATES: A MIND & BODY CLASS FOCUSED ON STRENGTHENING, LENGTHENING, STABILIZING, AND ISOLATING THE DEEPEST MUSCLE OF YOUR CORE COMBINED WITH BREATH WORK AND MOVEMENT WILL LEAVE YOU FEELING STRONGER AND TONED. (ALL LEVELS)

STRENGTH PILATES: A DYNAMIC MIND & BODY CLASS TO BUILD STRENGTH, IMPROVE FLEXIBILITY, AND ENHANCE CORE STABILITY. BY COMBINING FOCUSED BREATHWORK WITH CONTROLLED MOVEMENTS, THIS CLASS WILL TARGET YOUR CORE AND INCLUDE SOME FULL BODY STRENGTHENING EXERCISES TO HELP YOU FEEL STRONGER AND MORE BALANCED. (ALL LEVELS)

## CARDIO & STRENGTH >

<u>CARDIO HIP-HOP:</u> DESIGNED FOR ANYONE LOOKING TO RAISE THEIR HEART RATE WITH DYNAMIC SWITCHES BETWEEN SLOW AND FAST MOVEMENTS. (ALL LEVELS)

JUMPSTART: 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 ZUMBA: A FUSION ON LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC AND EXCITING WORKOUT TO CREATE A CARDIO/TONING CLASS. (ALL LEVELS)

<u>PUMPED UP STRENGTH.</u> ALL GAIN NO PAIN! THIS CLASS CONSISTS OF COMPOUND MOVEMENTS TO STRENGTHEN BOTH MUSCLE AND FASCIA WITH BEAT-DRIVEN PROGRESSIONS.

<u>STEP & STRENGTH:</u> A STEP AEROBIC CLASS THAT INCORPORATES CARDIO AND WEIGHTS! THIS CLASS IS MEANT FOR ANYONE WHO LOVES TO WORK OUT TO A FUN BEAT WHILE IMPROVING THEIR CARDIOVASCULAR FITNESS WHILE STRENGTHENING MUSCLES.

<u>DANCE BREAKDOWN:</u> A HIGH-ENERGY CLASS THAT COMBINES FUN CHOREOGRAPHY WITH STEP-BY-STEP INSTRUCTION. LEARN AND MASTER DANCE MOVES AS THEY ARE BROKEN DOWN, THEN PUT IT ALL TOGETHER TO SHOWCASE YOUR SKILLS. PERFECT FOR ANYONE LOOKING TO MOVE, GROOVE, AND SHINE! (ALL LEVELS)

# CYCLING &

