

# Summer 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.

SUNRISE YOGA: A CLASS TO GET YOUR BLOOD FLOWING AND INCORPORATE STRETCHING INTO YOUR WEEK! OUTDOORS, WEATHER PERMITTING!

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)

### CARDIO & STRENGTH

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



@kstaterec