

CLASS DESCRIPTIONS

Candlelight Yoga - Gentle candlelight fosters an atmosphere of tranquility, liberation, and self-realization through movement. Center your mind and body while flowing through various postures that promote increased strength, focus and flexibility. Styles may vary based on the teacher, but all levels are sure to have a great workout while lowering stress.

Cycle - Group stationary cycling. Lights are dimmed, and music is played as your instructor leads you on a journey of long flats, hill climbs and sprints. Each participant controls his/her own intensity by adjusting speed, resistance and body positions.

Express Boot Camp - Using various equipment, this half hour class is a variety of strength, plyometric and anaerobic movements to get you in shape. All levels are welcome!

Glow Cycle - Cycling... With black lights, neon, glow sticks, and the best music around! Come ride with us in this high energy class developed for all levels, providing lots of sweat and fun!

Hard Core - Your core is the foundation of all your strength. This class will develop and strengthen all the muscles of your core including your abs, glutes and lower back.

Happy Hour - A rotation of your RecFit instructors will offer a different class every week, so check out social media and our website and be prepared for anything from Abs, to Kettlebells, to Zumba! Happy Hour is FREE for Fall 2019.

HIIT Strength - Learn strength training exercises to incorporate into a H.I.I.T strength styled workout. Exercises will focus on upper body, lower body, core, and conditioning. Limited Spots Available. Classes held at Congressional Fitness Center (East Campus).

Hip Hop - Hip Hop dancing is a great way of working out the body through fun and rhythmic exercise. Hip Hop dance can set you on course for a healthier and more active lifestyle.

Killer Kettlebells - A blend of kettlebells and body weight exercises for the perfect combination of strength and power. This class is a great way to get your cardio and strength workout in one hour!

Mobility - Improve posture, help your body recover from other workouts, and increase flexibility. Uses foam rolling to increase blood flow, improve flexibility, reduce muscle soreness, and decrease injury risks associated with other types of exercise. This class will also utilize static and dynamic stretching.

Pilates - Improves flexibility and posture, builds strength and develops core control and through emphasis on alignment, breathing, coordination and balance.

Strictly Strength - This class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using strategic principles. This easy-to-follow workout challenges every major muscle group.

Yoga - Center your mind and body while flowing through various postures that promote increased strength, focus and flexibility. Styles may vary based on the teacher, but all levels are sure to have a great workout while lowering stress.

Zumba - Join us for fun, dance and fitness that incorporates many styles of dance, international rhythms, and a club-like atmosphere that leaves all Zumba students hooked! No dance experience required.