

BARRE WITHOUT THE BARRE BALLET

inspired floor exercises, mat pilates, and traditional exercise combine for an effective workout for the lower body and the core.

BOLLYPOP

is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one's dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

CORE YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

PLYOJAM

A dance powered plyometric workout to fun, upbeat pop and hip hop jams. This class incorporates high intensity interval training to strengthen your heart and condition your body for a renewed sense of confidence and empowerment. These easy-to-follow dance routines will include some jumping and agility exercises, but modification are provided.

POUND

Rock out! Work out! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements

SPIN

This instructor led group cycling class will give you an intense cardiovascular workout that will improve both endurance and power. Featuring bikes with personal power meters and a fully integrated training system from Stages – the gold standard in Indoor Cycling. “Core” adds an intensive abdominal conditioning component “Conditioning” adds some core and upper body exercises.

To take spin classes you must create a Stages Flight account at www.stagesflight.com. KREC location is kk470.

To sign up for a class, you must book a bike. Go to www.stagesflight.com or use the App, click “book”, pick a bike, add phone number or select unregistered and you’re ready to RIDE!

You can sign up for classes 24 hours in advance. If you cannot attend, please cancel your bike. Three “no shows” and you forfeit the opportunity to sign up in advance. Didn’t have a chance to sign up in advance? No problem. Just come to class to see if there’s space. All participants must show appropriate Activity Pass at class. Spin & Core saves time at the end for some Abs!

TOTAL BODY CHALLENGE

A total body strength training/anaerobic class using weights, TRX, tubes, bands, balls and your own body for resistance. Get strong and have fun!

U-JAM DANCE FITNESS

A hip-hop dance-fitness class. Dance along to funky adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA FLOW

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility and strength.

YOGA SCULPT

Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let’s sweat!

ZUMBA®

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more.