REC SPORTS FITNESS - JUNE 2024

GROUP FITNESS CLASSES

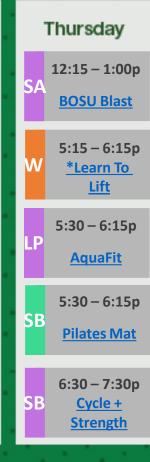
June Schedule: June 1 – June 30 (No class on June 19)

Schedule subject to change

Monday 12:00 - 1:00p SA Yoga-**Intermediate** 12:00 - 1:00p W *Tread & Tone 5:30 - 6:15p SA **Glutes &** Guts 5:30 - 6:30p SB Yoga-Fundamental* No class June 3, 10* 6:30 - 7:30p Zumba











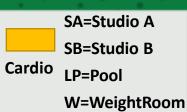
















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AquaFit

Splash into a low-impact, circuit-style workout in various depths of water, designed to improve strength, stability, and cardiovascular fitness.

Aquarobics

Splash into this low-impact cardio and conditioning class that uses shallow waters to provide a high-energy workout that is easy on the joints.

BOSU Blast

A full body workout integrating balance, strength, cardio, and core!

Cycle 45

Climb, sprint, and work through intervals in this music driven, high energy class.

Cycle + Strength

You've tried a traditional cycling class. Now, why not mix it up? This class will combine intervals of cardio with strength conditioning, moving between the bike and equipment on the ground.

Glutes & Guts

Strengthen and tone the core area of the body including your abs, back, and butt!

Pilates Mat

A low impact, mat-based class that focuses on strengthening and stabilizing muscles, while improving postural alignment and flexibility.

Total Body Sculpt

Work all muscle groups through a variety of strength exercises to shape and tone from head to toe.

Yoga-Fundamental

Discover foundational poses and breathwork in this beginnerfriendly class, fostering strength, flexibility, and mindfulness for a balanced start to your yoga journey.

Yoga-Intermediate

Elevate your practice with dynamic sequences and progressive postures. Cultivate balance, endurance, and mindfulness in this energizing yoga class.

Yoga-Restorative

Unwind and rejuvenate through gentle poses and deep relaxation. Release tension, calm the mind, and restore balance in this soothing and nourishing class for all levels.

Zumba

High-energy Latin and international beats will move you through an all levels, no one's watching, dance class!

Learn To Lift *Small Group Training*

Build a strong lifting foundation through proper technique and execution. We'll focus on form first, then build strength and lean muscle for incredible results.

Tread & Tone *Small Group Training*

Elevate your fitness routine by combining cardio intervals on the treadmill with targeted strength training on the weight room floor.

Download the Rec Sports App or visit my recsports untedu for more information and to register for classes