

GROUP FITNESS CLASSES

Welcome to group fitness at the HRC! If you are new to a class, arrive early and introduce yourself to the instructor. Please consult your physician if you have pre-existing injuries or other conditions prior to taking any group fitness classes. Don't forget to have fun!

Boot Camp – Reap the benefits of this ultimate calorie burning workout, which combines the best of cardio drills, plyometrics and resistance training. This class is geared to motivate you to your next level of fitness in a fun and supportive setting.

Cycle – A workout without comparison! Simulating an outdoor ride complete with sprints, climbs and other terrain, this interval training class will definitely get your heart pumping! *Depending on class sizes, bikes may need to be reserved ahead of time. Please arrive 5 minutes early to set up your bike.*

Kardio Kick – This class focus is on cardiovascular, strength, and flexibility training, with an emphasis on proper striking and kicking techniques with a freestanding kickboxing bag. Class may also include balance and control exercises, cardio drills, plyometrics, and resistance training. *Remove rings or other jewelry from hands & wrists.*

Power Pump – Create a leaner, stronger body in this challenging resistance training class designed to engage all the major muscle groups. Class focus varies to avoid the dreaded plateau by mixing strength, endurance, and functional training drills.

REFIT® – This dance-based class combines powerful moves with positive music for a challenging, effective, and FUN workout. This class is perfect for beginners and will challenge fitness enthusiasts – which means it's a workout designed for everyBODY!

Senior Strength & Tone – Stay strong with this workout designed for seniors of all fitness levels. This class includes a variety of exercises geared at increasing muscular endurance, range of motion, agility and skills required for activities of daily living.

Senior Stretch & Gentle Yoga – This class focus is centered on stretching the muscles, by flowing through full body movements inspired by Yoga, while also working on balance and stability.

TRX® – This class will use your body weight to develop strength, cardio endurance, balance, core stability, and flexibility. Make your body your machine! ***Sign-up advised at the HRC front desk 48 hours prior to class, as space is limited.***

Turbo Kick™ – This interval based class combines shadow boxing, kickboxing, sports drills and simple dance moves in a party atmosphere. Come join this high energy class that uses the hottest music, moves and combos around!

Yoga – Designed to enhance energy and sense of well being, Yoga blends balance, strength, flexibility, and power poses in a non-competitive atmosphere. Increase flexibility, muscle tone and strength in this class. Open to all fitness levels.

Yin Yoga – This class targets the deeper connective tissue to keep it healthy and stimulate energy throughout.

Zumba® – Zumba is a Latin inspired cardio class that fuses great music with easy and energetic movements. Fun novelty songs are included to ensure a comprehensive and FUN cardio workout!

Zumba Gold® – This class is designed specifically for beginners, older adults, or ANYONE needing modifications. This great class is so simple- EVERYONE can participate!