AQUA DEEP ALL
A non-impact combination of cardiovascular and strength training that takes place in the deep end of our pool.

AQUA PIYO ALL
Splash into this fun, challenging fusion of Pilates and yoga. Tone your muscles while working on balance and flexibility. This class is a little different each time and always a great workout.

AQUA SHALLOW ALL
Increase your strength and endurance with low impact movements in the shallow end of the pool.

BARRE BASICS ALL
Focus your strength, balance and control in this blend of Pilates, yoga and basic ballet exercises.

BARRE PULSE ALL
Workout with a series of dance and strength exercises performed through a small range of motion which are designed to challenge and tone the entire body.

BUTTS & GUTS ALL
Flash in for a quick 45-minute workout focusing on the entire core, from your glutes to your abs.

CARDIO KICKBOXING ++
Kick start your metabolism with this fast-paced, martial arts-based workout to improve your power and cardiovascular fitness.

CORE BLAST ALL
Power through this 30-minute intense core training class. The stronger the core is, the stronger the rest of the body will be.

GENTLE VINYASA YOGA ++
Gently flow through Vinyasa-style postures beginning with basic movements while allowing for more challenging poses based on your practice level.

HATHA YOGA ALL
Become more present in each moment and create a balance of strength and flexibility through yoga exercises designed for whole body alignment.

LUNCH RUSH: SPINNING ALL
Use your lunch break wisely. Increase your strength and endurance in this shortened but powerful 45-minute Spinning class.

LUNCH RUSH: HIIT ALL
Use your lunch break wisely. Work in the upper percentage of your target heart rate zone through High intensity interval Training in this 45-minute class to improve your strength and cardiovascular fitness.

LUNCH RUSH: MEDITATION RECHARGE ALL
Unwind, relax and let the work week fade away in this 45-minute meditation class.

LUNCH RUSH: TAI CHI ALL
Through a series of slow, smooth body movements, achieve a state of mental and physical relaxation while also strengthening the cardiovascular, muscular and immune systems.

MAT PILATES ++
Strengthen and trim your waistline while improving body alignment in this non-impact, non-aerobic, deep muscle conditioning class.

MULTILEVEL YOGA ALL
Designed for any level yogi, this class builds on basic yoga poses to expand into deeper movements, breath and mind awareness.

POWER PILATES ALL
Transform your body and increase your energy using controlled precise movements designed to stretch and strengthen your muscles.

POWER YOGA +++
Gain strength, flexibility and mental awareness, while focusing on the physical aspect of yoga.

SPINNING ALL
Strengthen your heart and legs as you go through an hour of flat roads, hills and jumps on the bike.

STRENGTH & BOXING FUSION ALL
Work on developing a toned and powerful physique in this fusion class that incorporates elements of strength, plyometrics, boxing and kickboxing exercises.

SUPER SPIN 50/50 ALL
A fusion Spinning class filled with strength and core conditioning.

TOTAL BODY CONDITIONING ++
Strengthen the cardiovascular and muscular systems using a variety of agility equipment combined with body weight exercises.

TRX 101 ++
Use your bodyweight and gravity on the TRX Suspension Trainer to increase core strength and muscular endurance.

YIN YANG YOGA ALL
A unique class that combines power poses, core work and balance with restorative postures that help you relax and focus on breath work.

YIN YOGA ALL
This slow and restful class consists of a series of longer held, passive floor poses that emphasize correct posture and lower body flexibility.

YOGA BASICS ++
For beginners or continuing students, this class will help you learn fundamentals and develop a solid yoga foundation.

ZUMBA ALL
A fusion of Latin and international music, combining fast and slow rhythms that will tone and sculpt the body.

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