

SRC GROUP FITNESS – CLASS DESCRIPTIONS

Finals Week 2019

6 Pack Abs- This class is designed to give you a complete ab workout with cardio conditioning in just 45 minutes. You'll leave feeling like you have the ultimate 6 pack!

Ab Attack- This 25 minute class is designed to tighten and strengthen your core while sculpting those abs.

Build & Burn- Are you looking to build some muscle and burn fat? This class is for you! Work on a mix of strength training and cardio to get in a total body workout!

Cross Training- If you've ever been interested in CrossFit, we now offer cross training! This class will incorporate CrossFit, bodybuilding, and conditioning type workouts to help you achieve maximum fitness levels!

Glute Lab- Looking for a quick and intense glute + leg work out? This class is designed to target your booty while getting full body cardio at the same time.

Jump & Bump- Looking for a fun way to mix up your cardio and strength training routine? Check out this full body class that incorporates the jump rope and other fun circuit style training!

Karate- Yes, it's just like it sounds! Come learn the basics of Karate while getting in a workout!

Namaste Yoga- Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures that are linked together in a series

Pilates – Work on your flexibility, core strength, & endurance by performing movements that flow together in a graceful and efficient way.

Power Hour- Short on time but need a great workout? This workout will test your limits to achieve unparalleled results.

Rise & Grind - Looking for something new to start your day on the right track? This high intensity workout will really kick up your morning routine with something new in every class! Don't miss out on the opportunity to try all sorts of new equipment while challenging your mind and body.

Spin & Tone- Reach maximum fat burn by incorporating both cardio and strength training into a single class. Experience intense spin bike training as well as full body toning for a complete high intensity workout.

Sports Performance- Want to learn how to train like an athlete? Come check out sports performance to work on speed, agility, cardiovascular conditioning and strength!

Step- Come get your heart rate up & burn maximum calories with this high intensity step workout!

Werk- Dance your heart out to get a great workout! This class will make you forget you are even working out with fun choreography and music to get in a great cardio session!

All group fitness classes are **FREE** and open to **ALL** fitness abilities.
Join us today to jumpstart your health!