

# classes

Butts & Guts

Target your core and lower body muscles you didn't even know you had. Reshape, strengthen and define!

Express Spin

A quick and effective 30 minute indoor group cycling class for all levels. Classes include endurance, strength, and interval training. Climb hills, cruise flats and sprint while you get fit and burn calories. Perfect for those on a tight schedule.

Spin-60

Indoor group cycling taken to the next level in an hour long session. Challenge your strength and endurance as you conquer various terrains designed to improve your overall fitness.

Intro to Yoga

Learn basic yoga and de-stress in this mind/body workout! Practice stress management techniques and enjoy the stillness in the body/mind.

Hard Core

This ball training class is all about your core, with a half hour of strength and stability for the abs and back. All fitness levels are welcome.

Zumba

Join the party! Try an aerobic workout dancing the pounds away to high-energy Latin music.

Vinyasa Yoga

Practice synchronizing movement with breath. Postures are linked together into a dynamic series. Learn to rest in the present moment.

Cardio Kick

A combination of aerobic kicking and punching moves; nonstop calorie burning action.

Step/BOSU

Classic Step Aerobics, with the option of advancing to the BOSU balance trainer. A cardio workout great for all levels.



RECREATION  
CENTER

January 11<sup>th</sup> – May 2<sup>nd</sup>

(304) 696-4REC

[www.marshallcampusrec.com](http://www.marshallcampusrec.com)