



Recreation Center
Goppert Wellness Center

6-Week Exercise & Wellness Programs



Core & Cardio + Indoor Cycling + Yoga

Core & Cardio Fitness Training		Intermediate Yoga	
	Tone up and burn calories with Core & Cardio Fitness Training. This workout combines High Intensity Interval Training (HIIT) and core strengthening exercises all in one class, leaving you burning calories well after your workout is over.		This Class is for folks who have prior yoga experience. It will focus more on breathing and the fluid transitions between the postures and techniques, learned in Beginners Yoga, that require more awareness and experience to perform.
Mondays & Wednesdays Class Time: 5:30 - 6:30 p.m. Bring your own workout mat 12 Classes (6-Week Session): \$50.00		Wednesdays Class Time: 5:30 - 6:30 p.m. Bring your own workout mat 6 Classes (6-Week Session): \$18.00	
Beginners Yoga		Indoor Cycling (Spin Class)	
	This class is ideal for anyone new to yoga and interested in its benefits. This beginner level sequence will help you build strength, increase flexibility and find focus. Yoga is a		Indoor cycling is a group exercise class performed on stationary bikes. It is an athletic program designed to provide all levels of students with a fun, safe & challenging workout. During the
is a challenging and dynamic class. You will learn the fundamental breathing, postures and principles that create a successful and effective yoga practice. This class will invigorate your entire body.		class, the instructor simulates hill-climbing, sprints and races. It is truly a fantastic cardiovascular workout. You'll be motivated by the instructor, the people around you & the music. Prepare for the workout of your life!!	
Tuesdays & Thursdays Class Time: 6:00 - 7:00 p.m. Bring your own workout mat 12 Classes (6-Week Session): \$36.00		AM Spin Tuesdays and Thursdays 5:30-6:00am PM Spin Tuesdays and Thursdays 7:00-8:00pm Limited to 10 students, Bring water and a towel 12 Classes (6-Week Session): \$30.00 AM/\$60.00 PM	