Butts & Guts:
A structured, fast-paced class, which targets your abs, legs, and bottom! Butts & Guts is designed to achieve a mid to high aerobic level of intensity. You’ll start this workout with a warm-up circuit, and then move into multiple strength and cardio circuits. Finish off with a cool down and some stretches to have you ready to tackle the rest of your day!

Indoor Cycling:
Experience a full ride of hills, sprints, and endurance intervals with energizing music and motivational instruction. Build strength and experience the benefits of a cardio workout all in one class! This low impact, dynamic class is great for beginners as well as seasoned cyclists!

Kickboxing:
This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, and uppercut your way to a fitter you to increase your self-defense skills! *Protective covering for hands required. Kickboxing gloves are available for check out at the SRC front desk. Wraps may also be purchased.

Total Body Conditioning:
An energetic workout including strength, cardio and core in one class. This “total body fitness” class uses free weights, kettle bells, resistance bands, body bars, BOSUs, elevated steps, and foam rollers to sculpt and tone the major muscle groups. Cardio bursts are also incorporated to keep your heart rate up. Exercises can be modified to accommodate all fitness levels.

Zumba:
Ditch the workout... Join the party! This class fuses Latin, International, and Pop rhythms with easy-to-follow steps to create a one-of-a-kind class that will get you moving! The routines feature dancing to alternating fast and slow rhythms, while combining fitness moves like squats and core work. No dance partner necessary, just bring your energy and get ready to sweat.