



Fitness Class Descriptions

Bike & Bootcamp - Ultimate interval training class, for all levels. Blends cycle sprints, hills and endurance with total body & functional strength training for a total body calorie burn. It's perfect for any beginner or intermediate enthusiast.

Cardio Muscle Conditioning - Diverse cardiovascular techniques from cycle, step and traditional aerobics are combined with interval strength & toning. Great class for all levels because instructor can easily accommodate for all needs.

Cardio Power Circuit - Almost a version of Tred & Shed, This workout involves a large emphasis on cardiovascular endurance and recovery, while including large muscle group exercises. This class is a great full body workout.

Cycle Core - A high intensity cardio spin class with vamping persistence to burn maximum calories. This class finishes with multi-plane core emphasis and a cool down stretch.

Fun Friday - Starting late May. For the SSRC men and women that want to participate in competitive games, exercise and have fun; ultimate basketball, flag football, soccer, etc.

Iron & Air - Geared toward a fun interval strength & sculpt exercise routine. This class will increase your cardio demand and sculpt your major muscles by performing a non-stop series of muscle engaging exercises that target your calves, legs, hips, abs, shoulders, chest, biceps, triceps, and forearms. This is the total body class.

Pilates - Pilates is a class that centers your body by stabilizing the pelvis and transverse core training muscles to be both movers as well as stabilizers, thus enabling the body to enhance leverage position for both arms & legs. This technique improves posture, functional strength and flexibility.

PiYo - A unique blend of modern Pilates and Yoga, this style of class is the most talked about class of 2016. Core, strength, stretch, and spirit all in one.

Spin - A great low impact group cycling class that challenges all participants, from beginners to advance, with a cycle experience that will promote cardiovascular adaptation. Bikes are adjustable to all fitness levels.

SCWT (Super Circuit Weight Training) - This one-hour class is held in the weight room. It combines high intensity cardio intervals with weight training as directed by the instructor to maximize your fitness results.

Tred and Shred - A great class for all levels! Exercise all major muscle groups while maintaining cardiovascular training that is designed to intermittently put stress on the muscular skeletal system alternating with a brisk cardio boost.

Tred and Shred Crunch - Early morning Tred & Shed interval with a focus on core function. It's a great class for all levels.

Yes You Can (YUC) - Six-week course that challenges members to participate in fitness & wellness components to upgrade all areas of their wellbeing. YUC is often the way you feel when you start a new exercise regimen. This fitness & activity tracking system will keep you on the right track to your success.

Yoga - Come and enjoy this one hour class of a total mind and body experience. Yoga has been around for centuries and has now taken the fitness industry by storm. Yoga is designed to develop strength, stamina, and flexibility all with a mind to conscious breathing. This class is excellent for beginners as well as experienced yogis.