

Cardio

Athletic Edge A 75-minute class designed for runners and triathletes. Focuses on interval training to improve your running: efficiency and speed. The end of class includes foam roller work. Class is held outside Spring through Fall. Class is held inside during the Winter. *Class meets under the mezzanine.

Step Get your cardio training in as our instructors break down the choreography into simple patterns. This workout is easy to follow, yet challenging enough to get a great cardiovascular workout!

Beginner Step Learn the basics of step aerobics so you can feel confident following the choreography while pumping up your heart rate.

Cycling

Cycling This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Cycle Strength This is a combination cycling format where you'll spend time on the bike increasing your cardiovascular endurance, then time off the bike increasing your muscular strength. Perfect for new or advanced cyclists and lifters!

RPM[®] A group indoor cycling workout where you control intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

SPRINT[®] A High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into this workout drives your body to burn calories for hours. You combine bursts of intensity, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

PowerCycle Tap into your full potential in this high-energy power ride combining the best of strength training and cardio. If you're looking for stronger muscles and a serious sweat this class is for you. Come ready to push your limits and finish feeling accomplished.

Mind/Body

Yoga Participants at ALL levels will be guided through series of yoga postures to improve flexibility, balance and muscular endurance. Yoga mats, straps and blocks are available in the classroom for use during class, but feel free to bring your own.

Yoga + Xtra Core Deepen your core strength with this yoga class that offers traditional yoga postures as well as challenging core-focused exercises that will improve your core stamina and strength.

Silver Sneakers[®] **Yoga** Offers all the benefits of classic yoga by moving through a complete series of poses. Seated or standing options are offered and each session ends with breathing and relaxation.

Tai Chi This class helps to reduce stress and improve balance, focused on proper breathing and form.

Dance

Line Dancing Learn the basics or just come for the great exercise! You never need a partner, but feel free to bring along some friends and have a lot of fun. **offered Seasonally**

ZUMBA[®] Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba[®] Fitness classes are often called exercise in disguise.

ZUMBA Gold[®] This class is for anyone looking for a modified Zumba[®] class that recreates the original moves you love at a lower-intensity.

Limited Time

Roll and Release In this class you will learn how to use a variety of grippy, pliable rubber therapy balls to reduce your aches and pains and reform your body from the inside out. This process can improve mobility, reduce tightness in the fascia, and induce relaxation. First session; January 2026. 20 participants maximum.



Collins Aerospace

REC CENTER

Group Fitness Class Descriptions 2026

SilverSneakers®
FITNESS



SilverSneakers Circuit® This class incorporates low-impact choreography alternated with standing upper body strength work using hand weights, elastic tubing and a ball. A chair is available for support. This is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Classic® Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand weights, elastic tubing and a ball are offered for resistance. A chair is used for seated exercises and standing support.

SilverSneakers Yoga® Get ready to move through a series of seated and standing yoga poses. Chair support is offered for a variety of seated and standing postures designed to increase flexibility, balance and range of motion. End the class with restorative breathing and final relaxation to promote stress reduction and mental clarity. Suitable for nearly every fitness level.

Strength+

BODYPUMP® This Les Mills barbell class is based on The Rep Effect™, a formula to exhaust muscles using light weights and high reps to tone and strengthen entire body. Instructors coach participants through the moves, adding motivation and great music. Set up 5 minutes before.

Metabolic Strength Training A dynamic mix of cardio and strength training using functional movements for effective workout. Equipment ranges from battle ropes, kettlebells, barbells, to slam balls and more. Each class is different—try different times for variety in your routine.

Muscle Works A total body strengthening workout doing compound & isolated exercises using resistance bands, dumbbells, bars, discs and body weight. This workout is perfect for any level as you pick your challenge level. Come feel your MUSCLES WORK!

LevelUp A dynamic, full body class designed to push your strength and stamina to the next level. Using a variety of equipment, you will challenge your muscles and cardiovascular system for powerful, result-driven workouts. Come ready to level up your fitness!

TRX Suspension Training Using a suspension trainer and your body-weight, you simultaneously develop strength, balance, flexibility and core stability. Control how much you want to challenge yourself by adjusting your body position accordingly. Each class is different!

Specialty Classes

Active 4 Life: Cardio Moderate intensity, multicomponent class designed for older adults. It incorporates: floor aerobics, balance, flexibility and some bodyweight strength. Your heart rate will fluctuate so you get a cardio workout that is just right for you. Using a chair is optional.

Active 4 Life: Strength Moderate intensity, multicomponent class designed for older adults, although anyone can join. It incorporates: floor aerobics, balance, flexibility, and strength using hand weights and resistance bands. This is designed for those looking for a little more intensity than a Silver Sneakers class. Using a chair is optional.

Build & Burn + Core Total body toning workout that will hit all muscle groups through compound lifting methods and low impact bursts of cardio to fire up your muscles and heart rate. This provides both strength and cardio benefits in a short amount of time. Last 10 minutes of class will be used to target and strengthen the entire core.

KBX Increase your coordination and speed with classic kickboxing bag work along with strength training using a variety of equipment. This is a high-impact and high-intensity class although modifications are available. You must complete a KBX-101 prior to joining a class.

Body Barre Set the bar in this Pilates-based workout to shape and tone postural muscles while building core strength. High reps of small range-in-motion movements incorporating classic ballet positions creates this combination of cardio and strength.

Morning Madness A high-intensity cross training workout where no two classes are ever the same. You will use a variety of equipment to keep your muscles guessing. **Meet at north end of 2nd basketball court**

Shotokan Karate Combination of mental and physical training. Class structure is dynamic combining stable emotions, mental attitude, body posture and technique. All ability levels welcome.

Butts and Guts Focus on the hips/glutes/core in this 15-minute class.

Mat Mobility + Core Unlock greater freedom of movement and a stronger, more stable core in this dynamic mobility class powered by the FlexKord® elastic band. Using the band's resistance, you will be led through smooth, guided sequences to improve posture and flexibility while increasing mobility in hips, spine and shoulders. Maximum 20 participants.

MoveStrong Rewire how you move. Function daily with more freedom, less pain and a greater range of motion. With a solid foundation of mobility and flexibility, this layered approach adds stability and strength to the mix so you can move with confidence and power.