



Group Exercise Class Descriptions

BARRE

Inspired by ballet, Pilates, and yoga, barre focuses on postural strength and alignment. We incorporate small, targeted movements to build strength and increase flexibility.

BOUNCE

Trampoline fitness is a new exciting way to exercise! We use individual trampolines to improve cardiovascular and muscular health. Come bounce with us!

CARDIO KICKBOXING

A full body cardiovascular workout that incorporates traditional boxing moves to choreographed songs. No equipment needed as we workout to the music!

CYCLE 45

With a motivational instructor and energizing music you can tackle any climb, sprint, or endurance interval! Join us in the RWC's Cycle Studio as we ride to a variety of music genres and build on our cardiovascular endurance.

CORE 30

Strong core means a strong body! This 30 minute core-focused class will target major core muscle groups and other stabilizing muscles. Add resistance or just use body weight, the choice is yours!

F45/F45 BOOTCAMP

A community focused class that is specifically designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength, and endurance. F45 uses a variety of equipment and F45 bootcamp is bodyweight exercises only.

GARAGE B BOOTCAMP

Each class varies but will always offer a total body workout through circuit training, High-Intensity Interval Training, and plyometrics.

LOWER/UPPER/TOTAL BODY STRENGTH

Lift weights and feel stronger in your body. We often use circuits, intervals, or beat-based methods to maximize your time.

NAPERCISE

The best way for muscle recovery, building up your immune system and retention of information is a power nap! Join us for a safe, clean, supervised rest (30 mins after set up) and feel invigorated to power through the rest of your day!

PILATES

This mat-based workout is designed to help participants develop long, lean muscles, gain core strength and stability, and increase mind-body awareness. Various props may be utilized.

POWER YOGA

This 55 minute class uses mind body connection to create an invigorating, heat-producing practice that detoxifies the system, realigns the body and energizes the spirit. Be prepared to sweat, work hard, and challenge yourself!

TAI CHI

A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Meditation in motion because it connects the mind and body.

VINYASA FLOW YOGA:

Connect breath, mind, body, and intention seamlessly through a series of yoga posture combinations. Feel strong, peaceful, and refreshed as you enter a deeper connection with yourself and your body.

WERQ®

The fiercely fun cardio dance class based on the hottest pop, rock, and hip-hop music

YOGA NIDRA

Yoga Nidra is an ancient meditation practice from India. This meditation practice uses aerial hammocks to aid the body in feeling relaxed and comfortable. Yoga mats are also available for a stationary practice.

ZUMBA®

A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.