**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.

**BELLYDANCE FITNESS**
A fun and unique fitness class that combines Middle Eastern and Fusion dance for cardio, strength, and flexibility. No dance experience is needed!

**BODY SCULPT**
The ultimate full-body workout designed to strengthen and tone every muscle from head to toe.

**CARDIO DANCE**
A fun dance workout with a variety of music styles and simple-to-follow moves. Join the party and get your sweat on! No prior dance experience needed.

**CYCLE**
Build muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance, and sprints.

**YOGA**
Come move with your breath and intention. Find space and move freely to improve your flexibility, strength, stamina, and stress reduction.

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*Group X classes are open to anyone with a current Group Exercise Membership. To be eligible to purchase a Group Exercise Membership, you must be a current WCU student or Campus Recreation Center Member. For a complete schedule, visit reccenter.wcu.edu. Purchase your pass today at myrec.wcu.edu or at the front desk of CRC.*