

GROUP X

Group Exercise Class Descriptions

ABS & GLUTES

A 30-minute toning class focused on your abs & glutes and getting the heart rate up!

AQUA FIT

Combination of shallow water and deep-water exercises to improve flexibility and endurance while enjoying the therapeutic benefits of water exercise (buoyancy belts provided).

AQUA ZUMBA

A classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

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.

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.

CATAMOUNT FIT

This class will feature a rotating format each week. You will experience everything from dance to yoga, strength & more!

CYCLE

Build muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance, and sprints. Training on a bike makes this workout low-impact, but as intense as you wish—it is YOUR ride!

FULL BODY BLAST

A total body workout using a variety of tools (weights, bodyweight, and resistance bands) to build muscle and muscular endurance. Beginner friendly!

LOWER BODY BLAST

Focus on the muscular endurance of your lower body including your glutes, quads, hamstrings, abductors/adductors, and calves in this 30-minute muscle-blasting workout.

MEDITATION

This guided meditation class will allow you to unwind your mind and return home relaxed and refreshed.

RECOVERY

Foam rolling can improve core stability, muscle recovery, strength, balance, and flexibility. Join us to learn how to relieve tight muscles through self-myofascial rolling.

STEP

A full body cardio and strength workout. You can expect a mixture of upbeat rhythmic stepping integrated with strength-based moves to provide a total body workout.

UPPER BODY BLAST

Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30-minute muscle blasting workout.

WALKING GROUP

Join us for a guided walk through campus. This class does not require a Group X Pass or CRC Membership. We will meet in the CRC Lobby. In the case of inclement weather, we will walk inside on the track.

YOGA

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

YOGA FOR MINDFULNESS

A relaxing way to de-stress, re-energize, and find balance. This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within.

YOGA FOR STRENGTH

A faster paced yoga class that will challenge the body and the mind. This class will focus on building strength and endurance through strength-based poses. Options will be offered for all ability levels.

ZUMBA

A dance fitness class using Latin and International music with a combination of rhythms that keep you moving to the beat! No dance experience necessary!