

CLASS DESCRIPTIONS

CARDIO

H.I.I.T.

In our High Intensity Interval Training push yourself during your work period and come back with a recovery period for true interval work. Maximize your workout while minimizing your time with cardio drills designed to get your heart rate pumping!

TRIPLE THREAT

Get the best of three worlds with Triple Threat! It combines 20 minutes of cardio, 20 minutes of strength and 20 minutes of core work to give you the ultimate total body workout.

TURBO KICK®

This class is the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

DANCE

BALLET/BALLET BARRE

Come and meet us at the barre for technique and training. Classical Ballet technique will be presented in this course. Participants will develop long, graceful lines of movement while performing exercises and choreography.

PILATES

MAT PILATES

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This mat-based class will maximize abdominal strength while increasing flexibility in the rest of the body.

STRENGTH

ABS & GLUTES

Work and strengthen your lower body and core with us in our Abs and Glutes class. We will use bodyweight resistance and offer equipment options to strengthen and work all muscles of your abs, low back, glutes and legs.

PUMP

We've adapted our traditional Pump class that works and strengthens all major muscle groups using weights, bands, bars, and balls to using bodyweight resistance and household items. Exercises can be tailored to any skill and strength level. Guaranteed to pump you up!

YOGA

POWER YOGA

Join us for our Power Yoga as we synchronize movement with breathing by linking traditional Yoga postures together into a flowing, dynamic practice. Previous yoga experience is recommended.

STRESS REDUCTION YOGA

This class uses postures, breath, and meditation to slow the sympathetic nervous system's response to stress. The techniques learned in this class can be used in everyday life to reduce stress and bring attention to the present moment. Leave this class feeling calm, positive, and relaxed.

VINYASA YOGA

Poses flow from one into the next in our Vinyasa Yoga class designed to bring breath and movement into union. This class will create focus, power, and alignment.

MIZZOU
REC