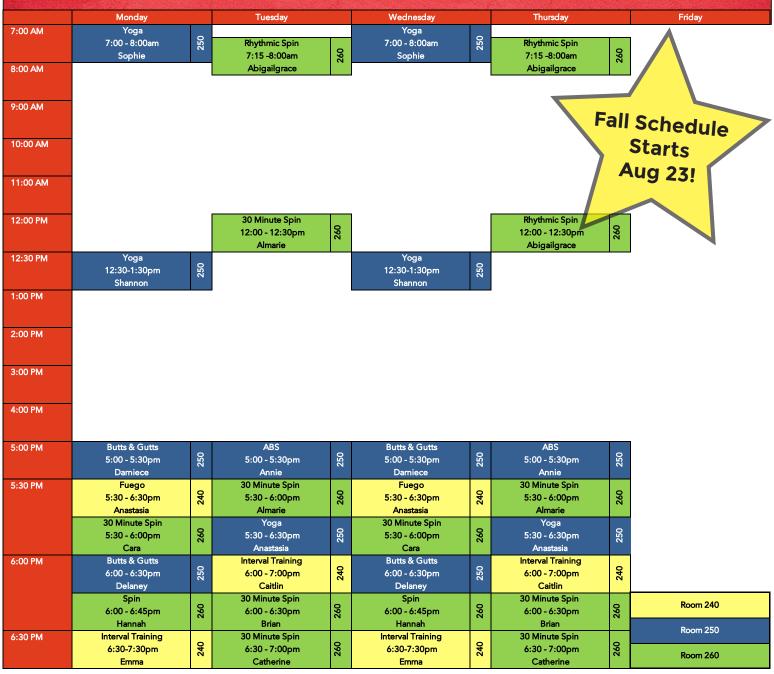
Wildcat Recreation Center Group Exercise Schedule & Class Descriptions





ABS: Focus on strengthening the core while utilizing various equipment.



BUTTS N' GUTS: Uses a variety of lower body and core exercises to focus on strengthening the abdominals and glutes.



FUEGO: A non-stop dance mix of Latin and hip-hop. Shimmy, shake and sweat your way through an amazing workout.



INTERVAL TRAINING: This action packed class combines cardio and strength training intervals to increase speed, strength and endurance!



RHYTHMIC SPIN: Your fav spin class taught to the beat with arm and dance moves - it's a party on a bike!



SPIN/30 MINUTE SPIN: Enjoy riding to improve aerobic and muscular endurance. Squeeze a workout into your lunch break or between classes with 30 minute spin!



YOGA: Decrease stress levels using breathing techniques while performing a variety of poses to increase strength, flexibility and balance. All levels welcome!