

Class Descriptions

STRETCH AND CORE EXPRESS

Experience maximum benefits in minimum time. Start with core exercises that help build a solid foundation to reduce back pain, enhance athletic performance and strength, and improve posture. Follow with a full-body stretch to improve range of motion, flexibility and blood flow while decreasing muscle soreness and tension *30 minutes

POWER CYCLE

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 45 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.

OUTDOOR BOOTCAMP

Head outside for an intense total body workout incorporating minimal equipment/body weight drills to train the cardiovascular system and improve muscle strength and endurance. Class will be held at Eau Claire Tower Green Space; on the west side of 5th street between ECT and CP. *Weather permitting

TOTAL BODY BLITZ (TBB)

Improve overall fitness with a combination of resistance and cardiovascular training exercises. Increase strength, mobility, stability, and cardiovascular fitness, all in one workout. A mix of body weight and equipment based exercises may be used.

WELL BUILT & WELL BUILT EXPRESS

This strength focused class is designed to define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advance. *Express class is 30 minutes

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation. **Yoga mat required.