

Fall 2024

Group Exercise Schedule

For

RFW Group Exercise Classes and Descriptions

Butts-N-Guts: A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

Cardio Cycling: A class designed to increase cardiovascular fitness and leg strength. A short workout that will get your heart pumping all while being easier on your joints than going out for a run.

Core Power Yoga: A vinyasa flow yoga class that will help you strengthen while stretching and creating focus as you move fluidly throughout this movement filled class.

Cycling & Intervals: A blend of indoor cycling and off the bike intervals. A total body, calorie burning, athletic based workout.

Hype Hop: A high-energy, 4 3irw n intervals. A total body 8e