



DROP-IN CLASSES

included with membership

AT MOORHEAD RECREATION CENTER

MORNING MOVEMENTS

Burn stress! Burn calories! Gain strength!
45 minutes of strength work
45 minutes of dance cardio

- **Strength Training**
- Monday, Wednesday and Friday
- 9:30-10:15 a.m.
- **Dance Fitness**
- Wednesday and Friday
- 10:30-11:15 a.m.

CARDIO REMIX

Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

- Tuesday, 6-7 p.m.
- Saturday, 10:30-11:30 a.m.

BARBELL BLAST

Focusing on barbells and free weights, this class will challenge your strength while elevating your cardiovascular fitness. This class will target your entire body, upper, lower, and core

- Monday, 6-7 p.m.

BODYWEIGHT BURN

If you want a killer, no-equipment, total body workout, this class is for you! You will work your entire body with cardio, strength and core exercises.
Enjoy the burn!

- Wednesday, 6-7p.m.

