

FITNESS CLASSES

NOV
2020

GET FIT



FREE TRIAL OF FITNESS CLASSES From October 19-31

Reservations for classes must be made in advance. Limited space available.

BECK RECREATION CENTER SPECIALTY FITNESS CLASSES

TAI CHI

Ages 16 & older

Improve range of motion and balance with circular movement patterns repeated with focus on grace, balance and controlled breathing.

33769 Nov. 3- 24
Tue., 10:30-11:15 a.m.

33770 Nov 5-19 *
Thu., 10:30-11:15 a.m.

\$13 (\$10 Resident)
\$11 (\$8 Resident) *

SPIN

Ages 16 & older

Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music an motivational instructions.

33774 Nov. 2-30
Mon., 5:30-6:30 p.m.

33772 Nov. 4-25*
Wed., 5:30-6:30 p.m.

\$16 (\$13 Resident)
\$11 (\$8 Resident) *



YOGA FLOW

Age 16 & older

Take it to the next level. Some yoga experience is helpful, although not required. Open to everyone with the ability to move through standing, kneeling, and reclined positions unassisted.

33775 Nov. 3-24
Tue., 9-10 a.m.

33831 Nov. 5-26*
Wed., 9:30-10:30 a.m.

No class Nov. 11, 25
\$25 (\$20 Resident)
\$18 (\$15 Resident) *

CENTRAL RECREATION CENTER SPECIALTY FITNESS CLASSES

CARDIO KICK

Ages 16 & older

High-energy kickboxing-inspired workout. Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity and improve your strength, agility and quickness while burning those calories!

33768 Nov. 2-30
Mon., 9 a.m.-10 a.m.
\$13 (\$10 Resident)

HATHA YOGA

Ages 16 & older

Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened & energized. Stress reduction & breathing techniques are used for total wellness.

33765 Nov. 2-30•
Mon., 9 a.m.-10:15 a.m.

33766 Nov. 4-25**
Wed., 9 a.m.-10:15 a.m.
\$33 (\$25 Resident) *
\$18 (15 Resident)**



***NO CLASSES NOVEMBER 11, 26**



CENTRAL RECREATION CENTER
SPECIALITY FITNESS CLASSES

MOORHEAD RECREATION CENTER
SPECIALITY FITNESS CLASSES

BARBELL BLAST

Ages 16 & older

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

33782 Nov. 2-30
 Tue., 4:30-5:30 p.m.
 \$13 (\$10 Resident)

BOOTCAMP

Ages 16 & older

Full-body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength, and endurance.

33820 Nov. 5-19*
 Thu., 4:30-5:30 p.m.
 \$11 (\$8 Resident)

BODYWEIGHT BURN

Ages 16 & older

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

33767 Nov. 7-28
 Sat., 8:15-9:15 a.m.
 \$13 (\$10 Resident)

LUNCH EXPRESS BOOTCAMP

Mon., 12.-12:45 p.m.
 Wed., 12-12:45 p.m.
 Free with membership

BARBELL BLAST

Ages 16 & older

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

33782 Nov. 2-30
 Mon., 6-7 p.m.
 \$16 (\$13 Resident)

BOOTCAMP

Ages 16 & older

Full-body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength, and endurance.

33783 Nov. 3-24
 Tue., 6-7 p.m.
 \$13 (\$10 Resident)

BODYWEIGHT BURN

Ages 16 & older

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

33784 Nov. 4-25*
 Wed., 6-7 p.m.
 \$11 (\$8 Resident)

TOTAL BODY TONE

Ages 16 & older

circuits, intervals, and stations and the use of various equipment, this class will have something for everyone.

33785 Nov. 5-19*
 Thu., 6-7 p.m.
 \$11 (\$8 Resident)

***NO CLASSES NOVEMBER 11, 26**