WorkFit Class Descriptions

Circuit Training
Gain strength, increase flexibility and build endurance by performing combinations of easy-to-follow exercises using a variety of equipment, including weights, bands, stability balls and so much more. Designed in a circular manner, each movement is taught and modified to adapt to beginners as well as those who desire more advanced training. Improve your overall fitness level in a fun and continually challenging class!

Outdoor Total Body Conditioning
Designed as a cross-training workout, this class combines movements from various sports and traditional fitness classes. It includes boot camp drills, kettlebell exercises, agility training and muscle conditioning to improve cardio and muscular endurance and agility. Classes are held outdoors at Edwards Track or near Memorial Stadium. Please note: classes may be relocated or cancelled due to inclement weather.

Crazy about Core/Extreme Core
This class draws from a blend of training methods to achieve maximum core strength: a mixture of traditional matwork, resistance exercises, Pilates, Yoga and more. Crazy about Core progressively trains all muscles surrounding your torso and integrates different modalities each week to address all areas of challenge or concern. Extreme Core takes you off the mat by utilizing TRX, BOSU, Kettlebells and Glides!

TRX
TRX is one of the industry’s most popular and unique training tools because it uses your own bodyweight and gravity to build strength, balance, and flexibility while being very “easy on the joints.” Work on your pull ups, push-ups, squats and planks while building a strong core in the process. Quick, minor adjustments can make movements easier or more challenging, making it an excellent option for all fitness levels. Try it out!

Yoga
Bringing attention to the breath and emphasizing the opening of the body, Yoga allows students to enliven the mind, body, and spirit. This fluid practice cultivates strength, balance, and flexibility to address imbalances, relieve tension, and help improve overall physical well-being. Instructors adapt their teaching to all levels of experience and ability, encouraging participants to work at their own rate and progress at a comfortable, safe pace.

Zumba
Get ready to bust out your dance moves and join us for an hour of pulsating music and fitness-based dancing. A program inspired by Latin dances, Zumba fuses hypnotic rhythms with easy-to-follow dance moves for an exhilarating and fun aerobic workout.