



SPECIALTY FITNESS

AT MOORHEAD RECREATION CENTER

DROP-IN CLASSES (INCLUDED WITH MEMBERSHIP)

XTREME HIP HOP STEP

Ages 16 & older

Energetic aerobic workout and cardio fitness experience that uses a step board to perform choreographed steps as you move to hip-hop music.

- Tue., 6-7 p.m.

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.

- Mon., 6-7 p.m.

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!

- Wed., 6-7 p.m.

CARDIO & STRENGTH

Ages 16 & older

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

- Tue./Thu./Fri., 9-10 a.m.

