

GROUP FITNESS CLASS DESCRIPTIONS

Questions? Contact the Wellness Center: wellness@wkkf.org; x2130

Variety

A full-body workout that combines both upper and lower body movements. Cardio, strength training, and a lot of fun! This class will never be the same class twice. If you like variety....this class is for you!

Cardio Drumming

A cardio jam session with light resistance - for a fun, high-energy class! Whether you're looking to burn calories, have fun or pound the stress away - this is the class for you!

Relaxing Yoga

Enjoy this time of relaxation and movement with your breath. This is a slower paced yoga class with a lot of mat work. If you need a little relaxation, you will leave re-energized and ready for your day.

Barre

A full body workout that splits the time between the mats and the barre. Low impact, strengthening and stretching is the focus. Come and bring out the inner ballerina in you!

HIIT

High Intensity Interval Training is the latest rage in the fitness industry. Do you want a class that will blast those calories? This is a cardio-based workout that will leave you sweaty - but you will wonder where the time went! This class flies by!

Spin and Tone

Participants build cardiovascular strength through varying speed, resistance and intensity on the bikes for half of the class. The other half is spent on the mats working core and toning the full body. This class has everything!

Pound

This class uses the drum sticks but no ball. It gets its name from the sound of the sticks on the floor! Come to this class for a total body workout. The music is fabulous and pounding the stress away is an added benefit!

Yoga **

Enjoy a time of deep body- focused movement. Emphasis is placed on proper breathing, correct body alignment, core stability and increased muscle awareness. This no-impact, progressive workout builds in intensity as you improve your flexibility.

Power Walk

A low-intensity class that will take advantage of our beautiful weather outside. We will walk the linear path adding in some fun moves along the way. In inclement weather, we will walk the halls and stairways. Enjoy the camaraderie and conversation as we walk and talk!

****Regular use of facility equipment will be closed during yoga due to the nature of the class and layout of the wellness center. Thanks for your understanding.**