Abs & Arms
Strengthen your mid-section & upper body by targeting your abdominal muscles through circuit training.

Tuesday  5:00pm  Kane Center  Kerri

Advanced Strength & Conditioning (Intense Workout)
Looking for a new challenge? Commit to 6 weeks of intense training including footwork, reaction work, plyometric and agility drills AT HIGH INTENSITY...Weight training, core and flexibility, nutrition and motivation included. This class is not for beginners.

Tuesday/Thursday  8:30-10pm  DuFour Weight Rm  Paragi

Butts & Guts
Tighten and Tone your core and glutes with a variety of fun exercises!

Monday  7:00pm  Kane Center  Michelle

Basic Strength & Conditioning
Learn and see the benefits to lifting weights in this full body weight lifting and moderate conditioning class. Open to all fitness levels. TIME CHANGE TUES/THURS!

Tuesday/Thursday  12:35-1:25pm  Kane Center  Shannon
Wednesday  12:10-1pm  Kane Center  Meg

Core & Cardio Blast
A 30 minute blast of short cardio bouts and core exercises. This class burns those calories while targeting your abs and large muscle groups!

Wednesday  6:00pm  Kane Center  Kerri

Erg Fitness Class
Indoor Rowing is an effective way to get fit and lose weight. It is a low impact, full body and efficient workout.

Tuesday  4:00-4:45pm  DuFour Erg Rm  Caitlyn

Fight the Fall 15!
A mix of cardio intervals & strength training. Moves target major muscle groups, while keeping your heart rate up! All fitness levels welcome, modifications shown to make it harder/easier to meet your own fitness goals.

Monday/Wednesday  5:10-6:00pm  Kane Center  Shannon
Tuesday  8:00-8:45am  OUTSIDE - Kane  Meg

Indoor Cycling (Time Change Wed!)
Cycling workouts incorporating mini recovery periods throughout the workout, concluding with a cool-down and stretch; classes usually last between 40-50 minutes.

Monday  4:00pm  Kane Center  Maria
Wednesday  5:00pm  Kane Center  Molly

Insanity: DVD Series
Join Kane Staff in long bursts of maximum-intensity exercises with short periods of rest. Plyometric Cardio Circuit training keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX. See you Six Days a Week!

Monday - Thursday  9:30pm  Kane Center  DVD/Carlos
Friday - Saturday  4:30pm  Kane Center  DVD/Carlos

Yoga
Slow moving, focused yoga - perfect for mid-day. Include yoga to your weekly routine to add balance, stretching, and strength movements to your life.

Tuesday: Gentle Yoga  12:10-1pm  O'Connell Hall  Christine
Thursday: Yin Yoga  12:10-1pm  O'Connell Hall  Christine

Zumba
An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Monday  5:15pm  DuFour Studio  Katie
Tuesday  5:30pm  DuFour Studio  Megan

For Updates & Cancellations Like us on Facebook!