

# MWR Group Fitness Class Descriptions



is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.



is the yoga, tai chi, & Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.



is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls



is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music.



fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic cardiovascular workout that will blow you away!



is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**SPINNING** An invigorating workout on our state-of-the-art bikes will leave you breathless. Focusing on proper posture on the bike and emphasizing sound riding technique, you'll be sure to enjoy your ride.

## Step

Challenge your mind and body with step combinations that begin with basic athletic moves using the adjustable step. Then, you have options to increase the complexity of the steps with rhythm and directional changes that can be dance or sport inspired.

## Sculpt & Abs

Improve muscular strength and definition with balls, bands, bodybars, and more! This class will target all major muscle groups to sculpt your physique.



is the sports-inspired CORE workout. Looking for a short sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? Based on cutting edge research, this 30 minute class combines the best of personal training with the energy of a group fitness class. The choreographed routine and chart topping music will bring you back for more!

## Yoga

This age-old practice consists of poses and breathing techniques that create physical strength and stamina, while improving balance and flexibility. Designed for all levels.

## Pilate

A system of exercise designed to increase core (torso) strength and flexibility. This approach to movement patterns will improve your posture, balance, stamina, breathing, and leave you feeling energized!

## Kangoo

This fun cardiovascular class uses patented impact protection boots, originally designed for runners with injuries. The soft landing created by the spring allows you rebound and perform modified plyometric moves with 80% less impact! Easy choreography and fun music will motivate you to jump your way through class, burning 20+ calories per minute. Boots are available for checkout. **Long socks are mandatory!**



## FITNESS CENTER HOURS

Monday – Friday

0500-2100

Weekends & Holidays

0900-1800

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**For questions or comments regarding group fitness, contact:**

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