

# GROUP FITNESS

## SPRING SEMESTER 2026

Weekly Starting 1/26/26! – No Sign-up Required – FREE for full-time Students & Rec Center members!

### MONDAYS

7:00-7:45AM

YOGA

Julia

12:15-1:00pm

CYCLING

Sarah

5:00-6:00pm

HYDROROBICS\*

Jeanne

### TUESDAYS

5:00-5:45pm

MOVE & GROOVE

Beck

6:00-7:00pm

HYDROROBICS\*

Jeanne

### WEDNESDAYS

7:00-7:45AM

PILATES

Jenny

12:15-1:00pm

TOTAL BODY STRENGTH

Charity

4:15-5:00pm

YOGA

Jackie

### THURSDAYS

5:00-5:45pm

YOGA

Julia

### FRIDAYS

12:15-1:00pm

CYCLING

Sarah

2:00-2:45pm

PILATES

Jenny

**KEENE STATE**  
**CAMPUS REC & FITNESS**

Classes held in Group Fitness Studio – Rec Center 3<sup>rd</sup> Floor | \*Hydro meets in Pool\*

@kschbodyworks



# DESCRIPTIONS

## CYCLING

Get hooked on this non-impact, heart-pumping “ride.” Let the music take you on hills, jumps & sprints as you boost your metabolism to the next level. Class size limited to 10. To reserve a spot, call 603-358-2697 or visit the Rec Center Front Desk. Reservations accepted within 24 hours of class. Cycling participants must check in & adjust bikes 5 minutes prior to the start of class, or bike may be offered to anyone on wait list.

## HYDROROBICS

\*Meet in the Pool\*

Back by popular demand! Hydrorobics is a low-impact, high-energy workout in the pool. Class includes work in both shallow & deep ends of the pool, followed by strength work on the deck. Equipment may include water belts, buoys &/or kickboards. Great for non-swimmers & swimmers alike!

## MOVE & GROOVE

Get ready to unleash your inner beast with this high-energy fusion of rhythm, strength, and flow. This all-levels class will kick off with an exhilarating dance cardio session that gets your heart pumping and your body moving to the beat. Then, we'll take it to the floor for a strength-building primal movement workout that feels more like playing and moving instinctively than exercising. Each joy-inducing session will be creative, expressive, and full of discovery.

## PILATES

Controlled movements that emphasize core strength, posture, and alignment. Pilates provides many health benefits, including improved muscle tone, stability, and overall fitness. Whether you are a beginner or want an advanced workout, come try it!

## TOTAL BODY STRENGTH

This strength training class will target all major muscle groups utilizing a variety of equipment and techniques – dumbbells, physio balls, TRX, bodyweight & more. Learn something new each week, boost your strength and metabolism, and stretch your body safely.

## YOGA

This Eastern art enhances balance, strength, flexibility and alignment by connecting breath to movement. Consistent participation promotes mindfulness and overall wellbeing and will leave you feeling stronger both on & off the mat. This is a strength-based yoga, and classes are open to all levels from beginner to advanced.

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**Classes Subject to Change...**

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