Abs, Butts & Guts
Target the tough spots with an exercise class focused exclusively on strengthening and conditioning the glutes, legs & core.

Boot Camp
Consisting of whole-body, compound exercises, this class allows for little rest time in order to maximize calorie burn & increase metabolic rate.

Cardio Sculpt
This workout alternates cardiovascular intervals with muscle strengthening exercises. A variety of equipment will be utilized, and all levels are welcome.

Core
Get a quick and effective core workout in 30 minutes.

Core & More
This class combines cardio exercises with a challenging abdominal workout.

Dance Party Boot Camp
Dance your way to strong in this high intensity dance-inspired boot camp class.

Full Body Toning
Strengthen every muscle group one song at a time using different tempos. This class is great for all fitness levels.

HIIT
High intensity interval training consists of alternating quick, intense exercises with slower, low impact exercises to shock the body.

Interval Training
A combination of high and low intensity exercises which creates an effective and efficient workout.

Pilates
A core training class that focuses on exercises linked to breathing. You will sculpt muscles of the trunk and hips for greater strength, balance and stability.

Spinning
Hop on a spin bike and enjoy the ride! You will sprint, jump, and ride up and down hills in this cardiovascular interval class.

Splash & Burn
This class consists of lap swimming, treading water, circuits & dry land bodyweight exercises. You will use kickboards, water weights & flippers. All participants must be able to swim 4 laps without stopping.

Step & Sculpt
Step for 20 minutes, sculpt for 20 minutes!

Yoga
This mind/body class focuses on movements and postures that enhance flexibility, strength and balance while simultaneously concentrating on breathing and promoting relaxation.

Zumba
Join the dance party! This total-body cardio workout introduces you to Latin-inspired music and dance moves.

www.jefferson.edu/fitness