



APRIL 2024 SPECIALTY CLASSES

AT MOORHEAD RECREATION CENTER

HATHA YOGA

Ages 16 and older

Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.

- Activity # 83151
- Tuesday 9:15-10:15 a.m.
- \$6 (\$5 Resident)

YOGA FLOW

Ages 16 and older

Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.

- Activity # 83171
- Thursday 9:15-10:15 a.m.
- Activity # 83175
- Saturday 9:15-10:15 a.m.
- \$6 (\$5 Resident)





DROP-IN CLASSES

included with membership

AT MOORHEAD RECREATION CENTER

MORNING MOVEMENTS

Burn stress! Burn calories! Gain strength!
45 minutes of strength work
45 minutes of dance cardio

- **Strength Training**
- Monday, Wednesday and Friday
- 9:30-10:15 a.m.
- **Dance Fitness**
- Wednesday and Friday
- 10:30-11:15 a.m.

CARDIO REMIX

Get ready for a 60-minute calorie torching, music-pumping, sweat infused Remixed Cardio workout, designed to burn fat and leave you feeling energized. You'll work up a sweat, tone your body and increase your stamina with a variety of moderate to high intensity movements. You'll also feel those muscles burn with an added dash of strength training mixed in.

- Tuesday, 6-7 p.m.
- Saturday, 10:30-11:30 a.m.

BARBELL BLAST

Focusing on barbells and free weights, this class will challenge your strength while elevating your cardiovascular fitness. This class will target your entire body, upper, lower, and core

- Monday, 6-7 p.m.

BODYWEIGHT BURN

If you want a killer, no-equipment, total body workout, this class is for you! You will work your entire body with cardio, strength and core exercises.

Enjoy the burn!

- Wednesday, 6-7p.m.

