Balance & Stretch – Stand taller and stronger with 30 minutes of balance exercises followed by 30 minutes of stretching to improve your flexibility. Instructor: Jane

Body Sculpt – Define, sculpt and build lean muscle with a focus on intense isolation exercises using free weights and resistance in this cardio free class. Instructor: Carol

Body Sculpt Plus – Pyramid weight training is a highly effective technique utilizing an upward/downward sequence in weight, reps or sets to help maximize your weightlifting goals. Instructor: Carol

Cardio & Core – 30 minutes of cardio activities, i.e. step, drumming, circuit and interval followed by core training. Instructors vary

Cardio Circuit – Intense workout combining strength, balance, cardio, agility and flexibility. Join us for a dynamic workout that will continually test you.
Monday Instructor: Nicki
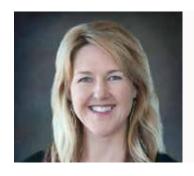Thursday Instructor: Brad

Cardio Fusion – Rev up your heart rate and tone your body for one power packed hour including varying combinations of hi-lo impact, step, drumming, etc. Instructor: Susan

Muscle Works – Condition and strengthen the entire body with a variety of fitness equipment. Instructors-
Mon, Wed, Fri: Ron
Tues: Charley; Thurs: Corey

Pilates Muscle – Focus on correct form and muscle recruitment while building muscle and burning calories. Form before fancy! Instructor: Dawn

REFIT® – This life-changing group fitness experience rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out!
Instructor: Chrissy

Senior-Fit – This class combines low impact moves in and/or around a chair focusing on strengthening and stretching muscles and core while improving balance. For older adults and those needing a basic workout. Instructor: Stevie

Zumba® – This Latin inspired fitness party is easy to follow, burns calories and is just plain FUN!
Instructor: Beth

All group fitness classes are open to the public.
For more details call the ROC Office at 256-704-5678, ext. 715.