JULY 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.
• #83284
• Tuesdays, 9:15-10:15 a.m.
• $6 ($5 Resident)

RESTORATIVE YOGA
Ages 16 and older
Experience the benefits of deep relaxation and stress relief with our Restorative Yoga class. Designed for all levels, this class focuses on slowing down and opening your body through passive stretching. Restorative Yoga uses props like blankets, bolsters and blocks to support the body, allowing you to hold poses longer and achieve a state of deep relaxation.
• #89146
• Fridays, 6-7 p.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.
• #83287
• Thursdays, 9:15-10:15 a.m.
• #83281
• Saturdays, 9:15-10:15 a.m.
• $6 ($5 Resident)
DROP-IN CLASSES
included with membership

AT MOORHEAD RECREATION CENTER

MORNING MOVEMENTS
Ages 16 and older
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.

BARBELL BLAST
Ages 16 and older
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.

CARDIO REMIX
Ages 16 and older
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, 10-11 a.m.

BODYWEIGHT BURN
Ages 16 and older
If you want a killer, no-equipment, total body workout, this class is for you! You will work your entire body with cardio, lower body, upper body and core exercises. Enjoy the burn!
- Wednesday, 6-7 p.m.