

GROUP FITNESS

FALL SEMESTER 2025

Weekly STARTING Sept 2nd – No Sign-up Required – FREE for full-time Students & Rec Center members!

MONDAYS	12:15-1:00pm	YOGALATES	Charity
	5:00-6:00pm	HYDROROBICS*	Jeanne
TUESDAYS	7:00-7:45am	Coming Soon...	
	6:00-7:00pm	HYDROROBICS*	Jeanne
WEDNESDAYS	12:15-1:00pm	TOTAL BODY STRENGTH	Charity
	5:00-5:45pm	YOGA	Jackie
THURSDAYS			
FRIDAYS	TBD...More Classes Being Added Soon!		

KEENE STATE
CAMPUS REC & FITNESS

Classes held in Group Fitness Studio – Rec Center 3rd Floor | *Hydro meets in Pool*

@ksbodyworks



DESCRIPTIONS

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!

TOTAL BODY STRENGTH

This strength training class will target all major muscle groups utilizing a variety of equipment and techniques – dumbbells, physio balls, TRX, or bodyweight...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.

YOGALATES

A strength-based fusion of Yoga and Pilates principles, increasing flexibility and muscular endurance. Focus on alignment, activation, and proper movement patterns. Classes are open to all levels from beginner to advanced.

Classes Begin 9/2/25!

More Classes being
added soon –
watch for updates!

KEENE STATE
CAMPUS
REC & FITNESS

Classes Subject to Change...
Follow us  @ksbodyworks