

GROUP FITNESS

FALL SEMESTER 2025

Weekly – 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

YOGALATES

Jenny

6:00-7:00pm

HYDROROBICS*

Jeanne

WEDNESDAYS

12:15-1:00pm

TOTAL BODY STRENGTH

Charity

5:00-5:45pm

YOGA

Jackie

THURSDAYS

5:30-6:15pm

YOGA

Julia

FRIDAYS

NEW:

SUNDAYS 4-4:45pm

PILATES

Jenny

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!

PILATES

Controlled movements that emphasize core strength, posture, and alignment. Pilates provides many health benefits, including improved muscle tone, stability, and overall fitness. Whether you are a beginner or want an advanced workout, come try it!

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.

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Classes Subject to Change...
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