GROUP FITNESS

FALL SEMESTER 2026

WEEKLY Classes – No Sign-up Required – FREE for full-time Students & Rec Center members!

MONDAYS	12:15-1:00pm	YOGALATES	Charity
	5:00-5:45pm	ZUMBA	Kelsey
	5:00-6:00pm	HYDROROBICS*	Jeanne
TUESDAYS	7:00-7:45am	YOGA	Julia
	6:00-7:00pm	HYDROROBICS*	Jeanne
WEDNESDAYS	12:15-1:00pm	TOTAL BODY STRENGTH	Charity
	4:15-5:00pm	YOGA	Jackie
THURSDAYS	7:00-7:45am	YOGA	Julia
	4:00-4:45pm	PILATES SCULPT	Olivia
FRIDAYS	TBD		

KEENE STATE
CAMPUS REC & FITNESS

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

@kscbodyworks

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 SCULPT

Come move, sweat, and feel strong with Pilates Sculpt! This high-energy class combines contemporary Pilates with strength-based movements, light weights, and intentional muscle engagement, all set to upbeat music. You'll work your full body, challenge your muscles, and leave feeling stronger, energized, and accomplished. Come ready to move, challenge yourself, and have fun!

TOTAL BODY STRENGTH

This strength training class will target all major muscle groups utilizing a variety of equipment and techniques – dumbbells, physio balls, TRX, bodyweight & more. Learn something new each week, boost your strength and metabolism, and stretch your body safely.

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.

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.

ZUMBA

Fuse Latin rhythms and basic hip hop styles into one class! This easy-to-follow class uses energetic dance move to work the whole body. Gave fun while getting a great workout through dance!

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Classes Subject to Change...

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