

Breckenridge Recreation Center Group Fitness Class Descriptions

ALL fitness levels are welcome in ALL classes. Instructors will offer multiple options for everyone.

You can work at your own intensity level in any class.

When we describe a class as “high energy”, “moderately paced” or “self paced”, you can expect:

High Energy: continuous movement, with continuous cueing, designed to get your heart rate elevated.

Moderately Paced: heart rate will likely be elevated for much of the class, but the pace is slightly slower and allows time to adjust equipment, hold positions, etc.

Self Paced: you are able to adjust your own resistance and pacing without anyone else in class knowing how hard you are working.

Aqua Fit – This moderate Aqua class focuses on balance, toning and stretching exercises to build full body strength.

Barre Fusion – A moderately paced core workout, combining standing core exercises, Pilates, ballet barre, and dance based moves. A challenging, total body workout targeting your small muscles. Great for balance, developing strength and injury prevention.

BODYPUMP™ (Les Mills) – The original high energy pre-choreographed barbell class that strengthens your entire body. This endurance-based strength workout, challenges all major muscle groups.

Cardio Strength & Core - A moderately paced class divided among cardio, strength training and core work. This dynamic class covers all your fitness bases!

Functional Mobility - This class is self-paced, incorporating unique mobility methods designed to increase joint range of motion while also strengthening to assist and benefit you in your daily activities.

HIIT - High Intensity Interval Training alternates between intense burst of cardio or strength training and fixed periods of less intense exercises or a resting periods. Each class varies in format but is no longer than 30min long!

Mat Pilates – A moderately paced mat class with focus on core stability, correcting muscle imbalances, improving range of motion, strengthening and balance.

POWER - A moderately paced resistance training class that focuses on implementing integrated training techniques. This is a full body strength workout to help ignite your inner power.

Stability Ball Pilates - A moderately paced mat class with a focus on strength and core using the stability ball.

StagesStudio Cycling – Classes are designed to challenge all levels of riders at their own self pace. This class focuses on training with power and includes individualized Functional Threshold Power test

each ride. Each class will include seated/standing climbs and intervals all with a visual aspect to push your rides to the next level!

Strength & Balance – A moderately paced designed to balance and strengthen your entire body. These movements will help you gain postural alignment, balance, flexibility, stability and strength.

Strength & Core – A moderate pace workout designed to work all your muscles and strengthen your entire body. This class works your core function, postural alignment, stability and strength.

Stretch & Core - A self paced functional format that will strengthen your core to improve stability, strength and overall muscle lengthening as you move through dynamic movement and static holds.

Total Body Strength - A moderately paced strength routine that features compound and accessory exercises using equipment such as free weights, bars, balls, bands and your own body weight for an optimal core conditioning and strength training workout.

Vinyasa Yoga - A style of Yoga that is self paced and flows through a variety of postures moving seamlessly with breath.

X-Training – A high energy, cardio/strength format class taught in a boot-camp style. Large muscles are used to raise the heart rate and improve strength and endurance.

Yoga – A moderately paced class where a variety of pose modifications are given for students to work at all levels.

Yoga Sculpt - This class is moderately paced and incorporates static and dynamic, full body movements with an option to add light weights with certain poses to enhance overall strength and endurance.

YoFlow – A self-paced mindful class that incorporates a progression of balance, alignment, extension and full range of motion into your flow of mat science.