Bellows College Family Fitness

Group Exercise Class Descriptions

Active Older Adults

This class is designed for older adults. It combines low-impact aerobics with strength and flexibility training!

Boot Camp

This class provides a challenging workout, combining conditioning drills and strength training.

Cardio Combo

This high energy class offers an excellent cardio workout, including high and low impact aerobics, step, circuit training, and interval training. All fitness levels welcome!

Cardio Kickboxing

Designed to get your heart rate up, this class includes basic kicks and punches as well as challenging kick and punch combinations. All levels welcome!

Core Express

This 30-minute class will help you strengthen your abdominals, lower back, gluteus and hips through a series of low-impact exercises. This new class is open to all fitness levels!

Indoor Cycling

This high-energy class helps you burn lots of calories and offers you a new challenge!

Flex

Increase your muscle tone and lose fat! This challenging weight training class utilizes adjustable barbells to fit your strength level. All levels welcome!

Pilates

This slow-moving format strengthens and tones muscles as well as improving flexibility, muscle balance, and posture. All levels welcome!

Yoga

You will utilize various postures, breathing exercises, and relaxation techniques while increasing your flexibility and muscle tone. All levels welcome!