

Boise Racquet & Swim Club Group Ex Class descriptions:

Yoga

Yoga blends balance, strength, flexibility and power poses in a non-competitive atmosphere. Enhance your energy and well-being.

Gentle-This class is created to help you release, strengthen and balance all the systems of the body. Alignment, breathing exercises and deep relaxing poses will be taught to help you reach your goals. This is for all levels.

Zumba Gold

Get a little cardio in with Zumba Gold. Enjoy music from around the world with dance moves that are fun and easy to learn. Great for your core and stability.

CoreFit

Warm up your body with this 30 minute class. More than an Ab work out, it is designed to work your legs, glutes and balance. This class is not complete without a much needed stretch.

Barre

This class is a fusion of Pilates, Yoga & Ballet. This is a total body workout that uses the ballet barre to perform small isometric movements. These exercises and stretches produce a sculpted physique, strong muscles and enhanced flexibility.

Circuit

This workout gets your HR up and strengthens your muscles at the same time. Move through 10-18 stations that work different muscle groups. Each station has a different exercise focusing on strength, balance and a cardiovascular component. Challenge yourself.

Sports Conditioning

This format is ideal for anyone who wants to strive for greater performance in any sporting activity. It is meant to enhance an individual's strength, balance, coordination, flexibility, speed and power, which can be carried over into all sports. Not just for adults, students are also welcome.

NEW

Pilates

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance. It emphasizes proper postural alignment, core strength and muscle balance.

Foam Roller

Sore muscles? Lack of flexibility? Aching shoulders or hips? This 30 minute class can help release tightness which may lead to improve flexibility, greater joint mobility, improve performance and reduce injuries. This class will also be offered one Saturday a month for a full hour!