CYCLING: This intense workout incorporates basic cycling moves, cardio, and strength based on time, speed, and recovery. If you're new to cycling, come a few minutes early and we'll get your bike set up!
*Water bottle and Towel are required!

HIP HOP: Lose your inhibitions and get fit to the beat! Whether you think you can dance or not, we'll get your body grooving to fresh dance combinations sure to keep you coming back each week!

PIYO: Music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning, and dynamic movement.

TRX® CIRCUIT: Come enjoy a boot-camp style workout on the TRX! This class will involve various strength and cardio intervals designed to challenge your body to the limit!

ZUMBA®: The fusion of Latin and International dance moves create a dynamic, exciting and effective fitness system! The routines feature aerobic interval training with a combination of easy to follow dance steps that tone and sculpt the body's muscles!

BOOTCAMP: This circuit style class involves a series of strength as well as cardio exercises. You never know what’s coming next at Boot Camp...just make sure you’re ready to sweat!

X TRAIN: This power-packed class is tailored to mimic cross training workouts. There will be Workouts of the Day (WOD) and the participant is to complete as many rounds as they can in a certain amount of time. This type of training pushes the participant to the next level and to dig deep to achieve their fitness goals.

POWER YOGA/POWER YOGA 90: This class uses postures, breath, gaze and locks to create a lean, strong body. This invigorating, heat-producing practice detoxifies the system, realigns the body and energizes the spirit. Be prepared to sweat, work hard, and challenge yourself! LEVEL: Inter-mediate to Advanced

MEDITATION YOGA: This class involves gentle stretches, breathing, relaxation, and simple movements to increase range of motion of the major joints. Feel ready to start your day in a calmer, clearer state!

VINYASA (FLOW) YOGA: Connect mind, body, and soul seamlessly through a series of yoga flow combinations. Feel strong, invigorated, and refreshed while you lengthen and strengthen your entire body.

INSANITY: is a cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes participants to new training heights! Insanity is designed to give you a safe, fun yet challenging experience! All fitness levels welcome!

Cardio Kickboxing: Get a total body workout with this fun combination of a cardio workout and a variety of strengthening exercises as you box your way to the beat. Kickboxing will improve your coordination, endurance, and strength!

TurboKick: Combine traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape learning hard-hitting combos and edgy dance moves while torching fat and carving lean, muscle in the most empowering class you've ever taken!

Body Blast: Strengthen your muscles from head to toe in this resistance training class. Focus on your Upper, Lower or Total body for either a quick 25 minute workout or a full body 50 minute workout!

Cycle Flow: Combine two of our most popular formats into one energizing class!

Want to become an instructor?
Register for RecFIT!
RecFIT is the Johnson Center's FREE Instructional prep course that guides University of Kentucky students in to becoming certified instructors.
Contact Kyra Dickie @ kyra.dickie@uky.edu