

BARBER FITNESS CENTER CLASSES

Free to Drury Students and Employees



CARDIO TONE

MONDAY, WEDNESDAY, FRIDAY: NOON - 1 PM

This class combines strength training and cardiovascular work to create the perfect mix of toning and calorie burning. All classes can be modified to accommodate all fitness levels.

Instructor: Kim Hughes

INTRO TO STRENGTH TRAINING

MONDAY & WEDNESDAY: 1 PM - 2 PM

This class is designed to give individuals the opportunity to learn weight training concepts and techniques used for obtaining physical fitness. Participants will learn the basic fundamentals of strength training and conditioning. Whether you are new to strength training or just getting back into it, this class is for you!

Instructor: Kim Hughes

YOGA

ALIGN & FLOW - MONDAY: 5:30 PM & 6:30 PM
POWER YOGA FLOW - THURSDAY: 5:30 PM

Align & Flow: Tailored to all levels. It is a flow style class starting off with a gentle warm up, variety of warrior poses, then ending with some deep stretching and savanna. Feel refreshed and restored after each session.

Power Yoga Flow: Tailored to all levels, with a little heat. Flow class, beginning with a warm up and core strength work, movement flow, and ending with stretching and SAVASANA.

Instructor: Morghan Ansley

CROSSTRAINING

TUESDAY & THURSDAY: 11 AM - NOON

A little bit of everything, adjustable to everyone. Never get bored again doing the same workout. Exercises will range from body weight movements to dumbbell workouts to resistance band training to cardio conditioning. Nearly all exercises will have an easy, medium, and even sometimes an advanced option. Make it as simple or as hard as you want that day.

Instructor: Brooke Harris

CORE YOGA

TUESDAY & THURSDAY: NOON - 1 PM

This class will guide you through 3 stages of yoga while incorporating a few fitness moves into each class such as plank, balance exercises, and poses. All are designed to improve back and core strength. A 2 minute savanna at the end allows both our mind and body to reset to better conquer the rest of the day.

Instructor: Brooke Harris

TONING EXPRESS

TUESDAY & THURSDAY: 1 PM - 2 PM

This toning class uses body weight exercises, TRX straps, and bosu training to improve muscle tone, balance, and joint health. It is a quick, low impact workout, and great for people who want to workout but do not want to run, jump, or lift heavy.

Instructor: Brooke Harris

**There is a limit of 12 people for each class.
Sign up today before it's too late!**