

# SFA GROUP AXE FITNESS CLASSES

Fall 2025 schedule • Sept. 1 through Nov. 20

Group Axe classes are free to attend and start promptly at the scheduled time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
YOGA 6:30 - 7:30 a.m. MP1		YOGA 6:30 - 7:30 a.m. MP1	
	FULL BODY CIRCUIT 12:10 - 12:50 p.m. MP2	FULL BODY CIRCUIT 12:10 - 12:50 p.m. MP2	
LINE DANCING 4:30 - 5:15 p.m. MP1	ABS AND GLUTES 4:30 - 5:15 p.m. MP1		HUMAN REFORMER PILATES 4:30 - 5:15 p.m. MP1
ZUMBA 5:30 - 6:15 p.m. MP1	HUMAN REFORMER PILATES 5:30 - 6:30 p.m. MP1	CYCLING & STRENGTH 5:30 - 6:15 p.m. MP2	BARRE 5:30 - 6:30 p.m. MP1
HUMAN REFORMER PILATES 6:30 - 7:15 p.m. MP1	ZUMBA TONING 6:30 - 7:30 p.m. MP1	HUMAN REFORMER PILATES 6:30 - 7:15 p.m. MP1	

\* In case of inclement weather, location will move indoors to the functional fitness area.

## OUTDOOR POOL HOURS

### AUGUST. 25 - NOVEMBER 2

Mon - Fri  
Noon - 8 p.m.

Sat & Sun  
Noon - 7 p.m.

### MASSAGE SERVICES AT THE SFA REC CENTER

Indulge in a relaxing massage. We offer affordable prices for a variety of massage options.



### TRY OUR FITNESS BUDDIES!

Need someone to spot you? We got you. SFA's free Fitness Buddies program features workout partners with similar interests, fitness levels and personal goals to help you reach your wellness objectives.



### PERSONAL TRAINING & SMALL GROUP TRAINING

Looking for something more? Check out small group training and personal training options.



# ***SFA GROUP AXE FITNESS CLASSES***

## **Fall 2025 • Class Descriptions**

Abs & Glutes: It's the total core and glutes workout! This class focuses on functional abdominal work & lower body exercises.

Barre: Barre fuses yoga, Pilates and dance techniques into a total body workout performed to the beat of music. This low impact workout burns mega calories and improves balance.

Cycle and Strength: Combining cardio intervals with strength training, this challenging fusion class will push your body to the limit.

Full Body Circuit: Target all major muscle groups with dynamic and functional exercises. Focus on building strength, endurance, and stability while having fun!

Hatha Yoga: Hatha yoga is an invitation for you to strengthen and mobilize your muscles, tendons, ligaments and bones. Detoxify your organs and digestive system, and ease your central nervous system with this class. We will use body weight movements with breathing and focus techniques to give you a truly one-of-a-kind experience.

Human Reformer Pilates: Harness the potential of your own body, using it as the ultimate reformer. With just one resistance band, you can capture all the postural, core, and alignment challenges for which reformer work is famous- courtesy of Pilates mat programming that mirrors traditional reformer exercises.

Line Dancing: Learn exciting dance routines set to various genres of music, from country to pop. See you on the dance floor for exercise and fun!

Restorative Yoga: This is not your typical yoga class. Restorative yoga will help combat the physical and mental effects of everyday stress with relaxing and slow paced poses. If you need to give your body a break or feeling under the weather, this class is for you.

Yoga: Enjoy a mind-body workout while improving flexibility and strength. Yoga will give you a great total body workout that will leave you feeling relaxed and stress-free.

Zumba: Zumba is a fusion of Latin and International music that features a high energy dance training to tone and sculpt the body. This "feel good" workout will leave you energized and ready for more.

Zumba Toning: Combine body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.