

GROUP CYCLING

Build strength in your lower body and increase your cardiovascular efficiency, all while listening to great music with motivating group cycling instructors! Burn calories by pedaling in groups, riding over hills, chasing the pack, climbing mountains, and cycling your way to a fitter self!

CORE ESSENTIALS

Join Heath, one of Movement's talented personal trainers, for a challenging 45-minute core class. Core Essentials will focus on improving your abdominals for better climbing, hiking and overall core strength. The best part is that you'll learn exercises you can do in the weight room on your own.

MAT PILATES

This Pilates class will bring focus and awareness to your posture and breath, increase your core muscle strength, including your adductors, abductors, transverse abdominal, rectus abdominals, lower back and more. Fitness Pilates is great for all athletes and anyone looking to begin a core exercise program. Beginners are welcome!

SPORTS CONDITIONING

Designed to be an ultimate cross-training workout, this class combines movements for various sports, boot camp drills, martial arts and muscle conditioning.

*Do you have comments or ideas about our classes?
Please email groupfitness@movementboulder.com with your feedback.
We are always looking to bring members the best instructors, classes and class times. Please don't hesitate to help create the kind of schedule you want!*

BLAST

Get in. Get WORKED. Get out.

BLAST classes at Movement! This summer, we are offering a series of quick, results-driven, high-intensity classes. Set up in independent time slots but also in groups so you can base your participation on your schedule.

BLAST ABS

A 15 minute crunch session that is sure to get those abs burning! Only have 15 minutes? Come to Blast Abs and start building strength and definition in your abs!

BLAST STRENGTH

Come join us for this 30 minute strength workout. Class will include 2-3 sets of muscle building exercises using dumbbells, barbells, fitballs, the cable machine and everything else in the fitness room. This class is excellent for anyone interested in improving muscle tone and increasing their workout intensity and bone health.

BLAST CARDIO

A killer 30 minute cardio workout! If you hate to workout on your own, or just want to try something different, come check out this half an hour calorie blast! Efficient, fun and guaranteed that you'll see results!