

TCNJ GROUP FITNESS

Spin - Spinning is a high-energetic workout that mimics bike riding with all the comfort of being indoors. Our spin classes will teach you about pace, cadence, and resistance. Classes are catered to all levels and involve the use of spinning machines to tone and build muscle in your legs, arms, obliques, chest, and booty. Best of all, spin gives you a cardio burst set to the tune of fun music and themed rides with playlists that classes can contribute to!! Spin classes are a great way to get you in shape while having a blast.

Calisthenics Circuit - to put it simply, is resistance training using your bodyweight! Calisthenics is about strength and control, and is a great way to build muscle! In this class, you will familiarize yourself with various calisthenics exercises (Pushups, Pullups, squats, etc.) and different variations so that you can challenge yourself!

Cardio Sport - The Cardio Sport method taps into the mind of a sports lover and impact not only their physical fitness but also their emotional confidence and well-being. It provides a visual learning experience, with purpose driven movements and motivating music that drives movement strategy. It is a fun activity that can also be a team based interactive workout.