

# 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.

**Sculpt Yoga** – this class is where strength meets flow. This energizing class blends traditional yoga postures with strength training elements—using light weights—to build endurance, tone muscles, and ignite your inner power. Expect a dynamic mix of flowing sequences, targeted sculpting moves, and core-focused work, all set to upbeat music that keeps you motivated from start to finish. While this class will challenge your body, it also keeps the mind centered through breath awareness and mindful transitions. You'll leave feeling stronger, empowered, and grounded—ready to carry that confidence off the mat and into your daily life.

**Flow Yoga** – this class is a moving meditation that links breath with movement, creating a seamless connection between mind and body. In this class, you'll move through a series of postures that build strength, flexibility, and balance while cultivating inner calm. Each sequence is thoughtfully designed to be accessible for all levels, offering modifications and challenges so you can honor your own practice. Expect an energizing rhythm that helps release tension, improve focus, and leave you feeling grounded yet refreshed. Whether you're a beginner or an experienced yogi, Flow Yoga offers the perfect balance of movement, mindfulness, and breath.