



GROUP FITNESS at Carver

EXPRESS SPIN W/SHAWN

Spin is a low-impact yet highly effective way to build cardiovascular strength and endurance.

RECOVERY FITNESS W/JOHN

Gentle aerobics to elevate our heart rates with weight training to begin restoring muscle mass, abdominal work and extended stretching, and cool-down.

RECOVERY MACHINE W/MAC OR JOHN

Warmups on the cardio machines and self-directed resistance challenges on the weight machines.

RECOVERY RAMP W/MAC

We continue our journey up the ramp of fitness, adding weights and/or reps to our familiar exercises and a few new ones too! All levels are welcome.

SPIN & SCULPT W/SHAWN

Full hour of cardio and weight training while reaching full potential of HIIT (High Intensity Interval Training).

SHINE DANCE FITNESS™ W/JUNE

This is a popular dance fitness program that pairs original choreography with today's hit music. Rooted in hip-hop, jazz, and ballet, and delivers a fun and effective full-body workout with cardio peaks and strength and toning techniques that make you want to move. Routines are easy enough for beginners yet challenging enough for more seasoned dancers.

TABATA PUMP W/SHAWN

Classic weighted pump moves using a weighted bar or dumbbells. This is great for building strength, cardiovascular work and perfecting form.

WOW W/SHAWN

This class uses Carver's fitness center utilizing and learning all the equipment to create a top-notch workout.

ZUMBA W/CORINNE

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Transform Your Life,
One Workout at a Time



MIND & BODY at Carver

CHAIR YOGA W/JOHN

This exercise is both gentle and effective in alleviating tightness and strengthening the areas around our joints. We adapt typical mat postures by bringing the floor up to chair height, making the exercises accessible for all.

YOGA FOR ALL W/DREA

Each session begins with breath awareness to center your mind and body, followed by warm-up exercises to prepare you for the main workout. Our classes incorporate a blend of Hatha and restorative poses designed to enhance flexibility, strength, and relaxation. Whether you're a beginner or a seasoned practitioner, come to class to rediscover the simple pleasure of moving your body and stretching deeply.

YOGA FOR ALL W/SUSAN

Rejuvenate, reduce stress, increase flexibility and strength with this gentle yoga class.

VIRTUAL QI GONG W/HIROMI

Qi Gong involves regulation of the mind, breath, and movement postures. It enhances overall well-being and restores a sense of vitality to regain a better quality of life when dealing with chronic illnesses.

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