

AthletiaAttack

With Lisa Overby-Dosier

AthletiaAttack is a 45-minute, full-body workout that blends athletic movement and cardio into one powerful session. We start with a dynamic warm-up and gradually build into heart-pumping cardio designed to challenge your endurance. From there, we shift into focused upper and lower body conditioning, finishing strong with targeted core work and a mindful cool down.

This class is designed for all fitness levels, with options to dial movements up or down based on your needs. Whether you're just starting your fitness journey or looking to level up, AthletiaAttack gives you the space — and the energy — to succeed.



Select Saturdays

8:05 - 8:50 am

Cost is \$4.00 per class or purchase a 5-class punch card for \$20.00!

Class fee is required for all Recreation Center members. Non-Members are required to pay the daily guest fee plus the rate of the class. Please contact 458 - 2977 with any questions.

