

Coppermine Racquet & Fitness is the premiere place in Baltimore to achieve your fitness goals. We provide members with a wide variety of top notch group fitness classes to get and stay in shape.



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| AGES | 17+ Years and Adults |
| TIME | Weekly 45 or 60 Minute Classes |
| COST | FREE for All Fitness Members (JOIN TODAY!) Drop In Non-Member Rate: \$15.00 \$125 for 10 Class Package |
| QUESTIONS | groupfitness@copperminefitness.com |

INSANITY

High intensity exercise for 3 minutes, followed by 30 seconds of rest. This short recovery time combined with high intensity exercise makes for a challenging workout.

GROUP STRENGTH

Lift, sculpt, bound and lunge to upbeat music. Challenge your power, strength, agility and overall fitness level.

SOULBODY BARRE

Join the creators of SoulBody and experience one of the most progressive, mindfully-intense BARRE classes that is "ahead of the curve" with cutting-edge choreography set to dynamic music.

BODY BLAST

Fast paced total body interval training class. Intervals consist of 1 cardio drill per 3 strength exercises. Strength workout while keeping heart rate up to increase calories burned.

ATHLETIC STEP

Intervals of basic step moves combined with strength training exercises for a total body workout.

STEP 360

An intense interval cardio & weight class using SPRI STEP 360 focusing on core and balance. Intervals consist of 3 minutes of cardio followed by weight training and core training.

BARRE

Create long lean muscles, using the Barre for stability, stretching and resistance work using light weights, bands and balls.

YOGA

See our Group Fitness Yoga Handout for more details and a schedule.

PILATES

Level 1 Mat: Focus on breath, alignment and building strength while learning essential Mat work exercises.

Level 2 Mat: Building on essential Mat work, this class offers a variety of modifications to challenge endurance and core stability.

EXECUTIVE FIT CAMP

Challenging 30-minute class. Lift, lunge, bound and squat to improve your strength, mobility, agility and power. (fee based program)

COPPERMINE STRENGTH

Combines the basic elements of resistance training with cardiovascular exercises, using a variety of different routines each session while emphasizing proper body mechanics.

AB SOLUTION

A core specialty class designed to bring you the best abdominal training exercises in a fun team environment.

COPPERMINE SPIN

A 45-minute cardiovascular workout based on the principles of cycling. Combines the rhythm of the music and creative coaching from the instructor. 60 minute classes include use of light weights for upper body workout.

CYCLE CROSS

Class starts on spin bikes for a cardiovascular workout based on the principles of cycling, moves to Interval training exercises off the bikes, finishing class back on the bikes.

CARDIO BOXING

A fun, high intensity cardio workout that combines traditional boxing, kickboxing, and conditioning exercises.

JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM