



Fall 2019

Fitness & Well-being Group Class Descriptions

Cardio & High Intensity Interval Training

Boxing Circuit incorporates boxing technique and sports drills. Participants will make contact with heavy bags and focus mitts. Hand wraps are required. Bring your own or purchase in the Rec Office.

F45 Cardio is a functional 45-minute circuit-based workout in a high tech, high energy, team environment. Cardio is the focus on Mondays, Wednesdays & Fridays.

F45 Hollywood on Saturdays is a 60-minute version of F45 with a fusion of both cardio & strength.

J.U.M.P fuses Jump Rope, Upper Body Resistance, Muscular Endurance, Pilates and more so that you will never get bored. Get ready for an hour of total body exercise!

STRONG 30 is a 30-minute fusion of cardio and resistance training using just your bodyweight for resistance.

Dance Fitness

Afrobeat is a Zumba® inspired dance workout that features African & Caribbean vibes and dance moves.

Zumba® is a Latin-inspired, exercise dance class. Come dance, let loose, and shake it!

Zumba® & Toning Fusion is perfect for those who want to party *and* focus on body toning and sculpting! Light hand weights will be used for a portion of the class but participants can choose to dance without weights as well.

Resistance Training

Barre pulls from the principals of Pilates, yoga, and dance. Participants experience a unique barre class using balls and weighted bars to target major muscles of the body.

F45 Strength is a functional 45-minute circuit-based workout in a high tech, high energy, team environment. Strength is the focus on Tuesdays & Thursdays.

POP Pilates improves alignment, posture, flexibility, and core strength just like classical Pilates. The emphasis on moving to the beat of pop music makes this class feel like a "dance on the mat!"

Spinning®

Spinning® & Core Training consists of 45-minutes of indoor cycling along with 15-minutes of resistance work for the abdominals and lower back.

Spinning® Endurance Ride focuses on training the aerobic energy system with ascending intervals, pyramids, and endurance-based drills on a stationary bike.

Spinning® Rhythm Ride is a 60-minute ride that combines high-intensity interval training with current beats to help you smash your fitness goals!

Yoga Kundalini Yoga uses dynamic postures, breath work, meditation, and mantra to move energy throughout the body to release stress and calm the nervous system. This practice will help refine your ability to tune in to the subtle sensations of the body in order to stimulate greater self-awareness.

Mindful Yoga Take a break, relax and center yourself with mindfulness and yoga. No prior yoga experience or special attire needed. Sponsored by the Counseling Center.

Power Yoga Flow is an energetic, fast-paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Students will have the opportunity to practice more advanced inversions, arm balances, and deeper variations.

Restorative Yoga is a practice of stillness. Props will support the body in restful poses with the goal of decreasing tension and healing the body. Poses are held for several minutes so it is recommended to dress in layers to keep the body warm and comfortable.

Smart Flow Yoga is a breath-based movement yoga class with focus on body alignment. New students will gain a foundation in the basic asanas while more advanced students have the opportunity to push further.

Vinyasa Flow is a quick-paced Hatha yoga practice incorporating mindful movement and heat-building sequences connecting the breath and body.

Yoga for Athletes Challenge yourself with an ambitious yoga flow. Stretch and strengthen, connect to core, stimulate your mind and body to restore and renew through both breath and movement.