

Spring 2018 Group Fitness Class Descriptions



HOPKINS
O'CONNOR RECREATION CENTER

Cardio & High Intensity Interval Training

Boxing Fitness is a cardio training format that 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. *Class is limited to 18 participants.*

Cardio Kickboxing is a fusion of kickboxing, boot camp, and strength training. Be prepared for anything!

STRONG by Zumba™ is a fusion of cardiovascular training and resistance training using just your bodyweight for resistance. There is no dancing in STRONG by Zumba™!

Dance Fitness

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

Bolly Up/Zumba® Fusion combines Bollywood, Hip Hop, and Zumba® into one great dance workout!

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

Zumba® Toning is perfect for those who want to party and focus on body toning and sculpting. Light hand weights will be used but participants can choose to dance without weights as well.

F45

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

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

Resistance

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!"

SB Body 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. *Class is limited to 32 participants.*

Spinning®

Cardio Up is built upon the principle of metabolic training. This class will condition your anaerobic training system with intervals of hard intensity followed by essential rest.

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

Hills & Drills utilizes high intensity interval training with purposeful periods of work and rest on the indoor spin bike.

& Core Training

All spinning classes are limited to 20 participants.

Yoga

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. *Class is limited to 14 participants.*

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.