

SUMMER 2019

CLASS DESCRIPTIONS



HOPKINS
O'CONNOR RECREATION CENTER

Cardio & High Intensity Interval Training

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 **J**ump Rope, **U**pper Body Resistance, **M**uscular Endurance, **P**ilates and more so that you will never get bored. Get ready for an hour of total body exercise!

Dance Fitness

Dance Fusion is a mix of African and Latin rhythms for a fun and cardio charged 60-minutes of movement.

Hip Hop Fitness is a medium to high-intensity hip-hop dance class. Participants will learn various combinations and break a sweat to crowd favorites. No prior dance experience necessary!

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

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.

Mat Strength is a barefoot, total body resistance training class utilizing accessories like stability balls, gliding disks, resistance bands, and tubing.

Spinning®

Spinning® is a cardio intensive, indoor cycling workout. If you can pedal, you can participate!

Cardio Up is based on metabolic training and will condition your anaerobic training system with intervals of high intensity followed by essential rest.

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

Yoga

Power 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 and have a basic understanding of the sun salutation. Students will have the opportunity to practice more advanced inversions, arm balances, and deeper variations.

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.