

## Spring 2020 Group Fitness Class Descriptions

**15-Min Core Crunch** - A short but jam-packed 15 minute session focusing solely on your core. The class mixes quick high-intensity movements with slower Pilates maneuvers, all aiming to strengthen your abdominal muscles. Prepare to create a strong core, get your heart rate up and your core working, no matter your level of fitness.

**15-Min Meditation** - Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, introspection, and a deeper sense of relaxation. Spend 15 minutes with us to explore the various techniques of mediation and being at peace.

**Body Sculpt** - This class shapes, tones and strengthens your entire body focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

**Gentle Yoga** - This class is great for all levels as it bring us back to the foundation of yoga, and the foundation of your breath. Allowing you to slowly move from pose to pose, while gently working into your muscles through the breath.

**HIIT** - High Intensity Interval Training, or HIIT as it's known, mixes short bursts of all-out effort with a quick rest period, maximizing your workouts and improving your overall fitness. This class targets your cardiovascular and strength abilities in one single workout. As long as you are willing to give it everything you got, this class is perfect for you!

**Mat Pilates** - This mat class is based on exercises developed by Joseph T. Pilates, a physical therapy pioneer. By developing your core control, this class re-patterns, realigns your body to improve balance and coordination. Decompress your joints to improve circulation while promoting strength and flexibility.

**Merengue/Bachata** - Originating in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. For the second half of the semester, Bachata, an eight step count from the same country, will take center stage. A significant amount of time will be spent on how to communicate with subtle changes in your posture. Body language is key.

**Pound** - Join us for this cardio jam session where you get to rock out using rip sticks - your own set of drum sticks. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

**Power Yoga** - With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you'll quickly be out and moving on to the next asana. These classes incorporate a serious number of Vinyasas, and they're going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

**Salsa** - This class is hot, spicy, and full of exotic Latin flavor. Learn steps and styling's of the hottest Latin dances. In addition to footwork, we will focus on connection, technique, and lead/follow skills. These patterns can be led socially at any salsa club around the world! Bring a partner or come alone but be ready to sweat! Singles welcome!

**Small Group Circuit** - This class uses a variety of strength training exercises to work up a sweat and improve overall fitness and strength. All movements can be tailored to individual needs and level of experience.

**Spinning** - The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

**Total Strength/Strength Training** - A class dedicated to total body resistance training for increased strength, endurance, muscle toning, overall conditioning, balance and flexibility. Yes, you can do it all in one class! Come workout and apply basic principles of training each muscle group to become stronger and leaner. Easy to follow and adaptable for all levels of fitness. Taught by a certified fitness instructor who will guide you through effective and challenging levels of strength training while keeping you engaged and moving throughout the class.

**Urban Kick** - This dynamic class combines cardio kickboxing moves with high intensity athletic drills to improve fat metabolism, functional strength, and increased caloric burn. During this total body workout, you will punch, kick, squat, sprint and lunge your way to increased strength, power, speed and agility, and torch calories! Easy to follow combinations with lots of options to work at any level of intensity for a custom and varied workout for beginners and experienced participants alike.

**Yin Yoga** - A slow, soothing, meditative based yoga class that helps move you deeper past the muscles by passively holding poses and sinks you deeper into the mind through meditation. This is a class great for stress relief and everyone is welcome.

**Yoga** - This traditional yoga class will practice postures to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Come ready to sweat, breathe and get centered.

**ZUMBA** - This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your total body. You'll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.

**\*\*All classes are 45 minutes except when noted\*\***