

Class schedule is subject to change. Please call Sports & Fitness Centers to confirm the status of classes.

All Group Fitness Classes are \$5 per class & \$45 per coupon booklet of 10. Group Fitness Coupons can be purchased at the front desk of each fitness facility.

Course Descriptions:

Boot Camp

This is a High Intensity Interval Training (HITT) workout that incorporates cardio, plyometrics, and bodyweight exercises in a circuit training format.

Indoor Cycling

Cycling is an aerobic exercise that takes place on a specially designed stationary bicycle. Instructors guide participants through workout phases. Warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, fit test and bike set-up, etc. During the class the pace is varied - sometimes pedaling as fast as you can, other times cranking up the tension and pedaling slowly from a standing position.

Spin & Sculpt

This class offers both cardio on the stationary bike as well as light strength training off the bike.

Mindful Yoga 30

This 30-minute Kundalini Yoga class will ensure that you are on your A-game from the minute you walk into the office! Through a combination of dynamic breathing techniques, physical movement, and mantra (recitation of sound), this class will stimulate energy, sharpen focus, and dissolve stress.

Barre Above

A fusion class that brings all the best of yoga, pilates, aerobics, and strength training. Classes are modified for all fitness levels.

Learn to Lift

Whether you're just starting your fitness journey or have been at it for a while, Learn to Lift offers a chance to focus on form and functionality, while working different muscle groups each week.

Muscle Pump

Muscle Pump is a high energy total body workout. Using weighted bars and free weights you will challenge all of your major muscle groups through squats, presses, lifts and curls. High

repetition movements with low weight loads will help you achieve strength and introduce lean body muscle conditioning. This class is great for all fitness levels.

Ashtanga Yoga 60

Ashanta Yoga is a dynamic system of yoga that leads its practitioners to achieve higher levels of flexibility, strength, and cardiovascular fitness. It is the system from which "power yoga," "vinyasa flow," & "flow yoga" came about. Ashtanga synchronizes the breath with a sequential series of postures (asanas) and places attention on the journey between the postures (vinyasa). The vinyasa element of the practice produces an intense internal heat and a purifying sweat that detoxifies the muscles & organs. Every class loosely follows the Ashtanga Primary Series and detailed alignment cues are offered so all skill and flexibility levels are welcome.

Buti Yoga 45

Buti Yoga is a soulful blend of power yoga with cardio-intensive dance & deep abdominal toning. But utilizes the Spiral Structure Techniques (SST). Many movement methodologies focus exclusively on the linear plane of motion. The result? Overtraining some abdominal muscles, while neglecting others. You can only move up & down so many times. The SST trains ALL core muscles & is a critical engagement to prevent injury & maximize core strength & appearance.

All Levels Yoga & Vinyasa Flow

A flowing, dynamic, alignment-based sequence of poses to release tension and bring balance. This type of practice involves synchronizing the breath with movement, using it as the uniting force between the body and the mind. Bringing awareness to this mind/body connection, we can learn how to calm and steady the mind, balance the muscular and skeletal systems, and create strength and flexibility. Modifications taught and encouraged for all levels from beginner to advanced.

All Levels Yoga w/Brienna

Vietnamese Raja Yoga challenges strength, flexibility, and balance while being customizable with modifications and props to accommodate different levels from newcomers to advanced practitioners. Combining meditation with a meditation bell, a unique warm-up that draws inspiration from martial arts, an ever-changing sequence of poses that appear to defy gravity, and muscle awareness with deep relaxation, this is a real workout for the body and the mind.

Beginner Yoga

Designed for beginners to help develop good habits focusing on basic poses, healthy alignment, and breath as well as strengthening muscles. Non-beginners will also benefit by taking it back to the basics and fine-tuning your practice.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

BUTTS & GUTS

This is a strength class focusing on core/abs and lower body. We use complex and isolation movements with minimal cardio. Great sub for a leg day. Tone your legs and also help prevent back pain by making your core stronger. Warm up, then go heavy and we never skip a good rewarding stretch at the end! All levels welcome, progressions and regressions offered.

HIIT & Upper body

This is a combination of 25-30 minutes of intense cardio focused moves and 25 minutes of upper body strength exercises. Push and do as many reps as you can during timed intervals. High impact moves are a part of this class but modifications are offered. In the second half we focus on toning arms and back using different kinds of weight training. All levels welcome, push yourself and watch yourself improve.