

USAG Stuttgart Fitness Class Descriptions

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

Is a High Intensity Interval Training (HIIT) 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, 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.

This exercise helps you to focus inwardly and work on your mind as well as your body.

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.

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.

Step

Step is a form of aerobic power distinguished from other types of aerobic exercise by its use of an elevated platform (the step). The height can be tailored to individual needs by inserting risers under the step. Step aerobics classes are offered at many gyms and fitness centers which have a group exercise program. Step with Tine provides an opportunity at the end of class to work on your core and finishes the session with stretching to keep the body limber.

Hip Hop

Hip Hop focuses on rhythm, syncopation and stage presence. Derived from a combination of jazz funk and street jazz, this style of dance requires high energy, attention to detail and an understanding of complex rhythms

Wake up & Spin

Kick start your morning with this high-energy, dynamic group spinning class. Spinning is not just for elite athletes, but can be tailored to all fitness levels and will help strengthen and tone both body and mind. Participants are guided through different workout phases, including warm-up, work zone riding and cool down, incorporating music to help keep your workout fresh and interesting.

Pilates

Focuses on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Cardio Dance Fitness

Cardio Dance Fitness is designed for all fitness levels but combine techniques and moves from interval training and dance routines for a workout that promotes ultimate fat burning and fitness. It's a full body cardio workout, divided into different tracks that provide peaks and troughs of intensity. The moves are simple and repetitive so everyone can do it; you don't have to worry about getting everything right... DANCE to be healthier and fit!

Core/Stretch/Meditate

This class consists of mat and standing exercises focused on strengthening the core - abs and hips, along with stretches that help you unwind and release stress in all of your muscles. The last 15-25 minutes of the class concludes with a stress-relieving guided visualization matched with relaxing music. Stress-release through stretching and meditation is an important part of a complete wellness plan.

All Levels Yoga

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 Vietnamese 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.

Ashtanga Yoga

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

Buti Yoga is a soulfoul 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.

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.

R.I.P.P.E.D.

The R.I.P.P.E.D. program is comprised of: Resistance, Interval, Power, Plyometrics, Endurance and Diet. The first five components are taught in a 50 minute class. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout. The 50-minute R.I.P.P.E.D. workout burns anywhere from 750-1000 calories!

The R.I.P.P.E.D. class follows its acronym and changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout, thus the tagline – One Stop Body Shock. The ‘Body Shock’ doesn’t stop there, the R.I.P.P.E.D. workout is continually evolving through seasons and the workouts are crafted with great music to keep you going. The R.I.P.P.E.D. program is suitable for any fitness level and openly welcomes newcomers and first timers!

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!