

Group Exercise Class Descriptions

Spring 2020

Boot Camp

This high intensity class will be sure to challenge all major muscle groups to the point of fatigue. Using unique equipment like battle ropes, TRX, plyo-boxes, kettlebells and more, be ready to move hard and fast in this ultimate boot camp!

Cardio Dance

Who says a good time and a workout don't mix? Cardio Dance is a high-intensity cardio workout that targets stamina, endurance as well as the incorporation of some core and glute workouts. Come get physical while dancing and listening to all the latest chart topper--it is a clast and a half! No previous dance experience to join, just bring your energy!

Core Strength Yoga

Core Strength Yoga is a fitness class that incorporates the techniques and poses of yoga with an emphasis on improving core strength. This class works on improving balance, flexibility, core strength and staying present and in the moment.

Full Body Blast

Full Body Blast is a fun 45 min class designed to incorporate your entire body into the workout. Each workout is a little bit different to keep it new and exciting each time with varying equipment and formats. No experience is needed, all levels are welcomed.

Glutes, Core & More

Work your core and glutes in this dynamic class using a variety of equipment. You will strengthen and define your midsection though cardio, strength, and body weight exercises. Designed for all levels of fitness.

Guided Stretching

This is a flexibility class for the inflexible! Taught by a certified personal trainer, this 30 min class is the perfect way to wrap up your week with a quick total body stretch. Using fun equipment like foam rollers, myofascial release balls, and tiger tails, this class will open up your range of motion and restore mobility where you need it most! All fitness levels are welcome!

HardCORE Spin

A 45-minute spin workout improving muscular strength and endurance as well as cardiorespiratory health. The spin workout is followed by a 15-minute series of ab exercises. All fitness levels welcomed!

HIIT

A high intensity interval class that fuses speed, strength, cardio, and agility-based drills. This 45-minute circuit style class is fast paced, get your heart pumping and challenge all major muscle groups. All fitness levels welcomed!

HIIT it and Spin It

HIIT it and Spin It gives you an amazing escape on the stationary bikes as well as challenging the body. In this 45 min class, expect some challenging drills on the bike to peak your heart rate, followed by some strength and agility drills off the bike to make this a well-rounded workout. All fitness levels are welcome!

Kettlebell

A circuit style workout combining strength and cardio. This class will be interval training alternating upper and lower body exercises for a total body burn. No kettlebell experience is needed.

Kickbox

A high energy, fun, and challenging class with a focus on striking to kick calories. A great way to relieve stress, get sweaty, and increase confidence. No experience is necessary! Come ready to kick butt.

Kickbox Skills

Want to take your striking skills to the next level? Come to Kickbox Skills to increase your knowledge, technique, speed, and power for your punches and kicks.

Night Yoga

Sunday night is the perfect time to come in and prepare your mind and body for the upcoming week. Come relax with this guided flow and leave the practice feeling revived and rejuvenated!

Spin

Spin is a fun and exciting way to sweat. Within the 45-minute class, we bike through various drills to challenge the strength in our legs and stamina in our lungs. This high energy class is a guaranteed good time! Drills can be modified to your capability and all fitness levels are welcome!

Sunrise Yoga

Start your day the right way with Sunrise Yoga! This class incorporates simple flowing sequences to invigorate your mind and body. You'll leave this class ready to enter the rest of your day with vitality and serenity.

Women Lifting Up

We have heard from women-identified students that the strength theater (aka the pit), platforms, and racks, among other areas of the Student Recreation and Wellness Center (SRWC), are often experienced as unwelcoming spaces for women. We hope that the Women Lifting Up initiative will help build a community of women who can lift or work out together and foster body-positive confidence claiming rightful space in the SRWC!

Yoga

During this class we will focus on fundamental yoga poses that make up a well-rounded practice! We'll pay attention to our alignment, strength, balance, flexibility all while warming up the mind and body though flowing

sequences. You'll leave this class feeling relaxed and grounded. No yoga experience is necessary!

Meditation

This 30-minute class will teach you practice mindfulness and how to bring the mind back to the present moment. Rid yourself of life's distractions. Comfortable wear is encouraged.

30 Minute Xpress

Short on time but need to get in your workout? This fast-paced class will take you through a full-body workout and will have you sweating start to finish. All experience levels are welcome.