

# FITNESS CLASS DESCRIPTIONS

**Ab Lab** – 30 minutes of abdominal and back exercises for intense all around core conditioning.

**Active for Life** – This class is designed for those over 50 who are currently somewhat active. This class includes floor exercises so individuals are required to be able to move to the floor and back up from the floor unassisted. This class will teach participants how to achieve and maintain a level of functional fitness. The focus will be on muscular strength and endurance, cardiovascular efficiency, joint flexibility and balance.

**Aerobic Kickboxing** – A combination of aerobics, boxing and martial arts, this total-body workout can improve strength, fitness, flexibility, coordination and balance.

**Barre** – Uses a combination of ballet, yoga, pilates, and dance to effectively help you achieve the toning, shaping, and elasticity of muscles.

**Cycling** – Indoor cycling workouts comprised of endurance, interval, and strength components.

**Ease into Exercise** – A class designed for those over 50 who are new to exercise, have chronic pain or injuries that limit movement, and/or are currently at a low fitness level. This class will perform all exercises in standing or seated postures; there will be no floor work in this class.

**H.I.C. (High Intensity Circuit)** - Step away from the cardio machine and make your heart race in Campus Rec's High Intensity Circuit class. You will experience 45 minutes of heart pounding exercises designed to target your entire body. Push your physiological limits to new heights.

**Jump Rope Workout** – Intense cardio workouts that will improve foot agility, coordination, timing, and speed, intermixed with brief periods of resistance training and core exercises.

**OULA Dance Workout**– This is an inspiring and fun dance workout. Musically it incorporates hip-hop with Hindu and tribal with top 40's to create a broad range of emotion, movement, style and sensation. All fitness levels welcome and no dance experience expected.

**OULA Power** - 45 minutes of conditioning tracks made up of plyometrics, pushups, squats, lunges, Pilates and yoga with some fun OULA dance moves mixed in here and there.

**Pilates Mat** – This class will introduce the principles of Joseph Pilates, and all levels mat exercises. These mat exercises will strengthen and stretch the musculature from the shoulder girdle through the hips, working to balance posture and increase core strength.

**Pilates Reformer Continuing** – This class requires some previous Reformer experience. Exercises may be linked together for a more flowing routine as well as integrating more difficult exercises for strength and balance.

**Pilates Reformer Introductory** – An introduction to the reformer and the principles of Joseph Pilates. No previous Pilates experience required. By the use of the reformer machine, this class provides a full body workout while always focusing on the core, breath, and attention to proper body alignment.

**PiYo** - An amazing full-body strength and cardio conditioning class utilizing only body weight for resistance. PiYo is influenced by Yoga and Pilates but also incorporates sports conditioning and core focused training.

**Power Pump** – This weight training class uses barbells, and adjustable weights to provide a total body strength-training workout.

**TRX (Total body Resistance eXercise)** – This suspension training class will hit each major muscle group multiple times resulting in improved functional strength, core strength and balance. Some workouts will include a cardio component as well.

**Vinyasa Yoga** – This flow-based class links poses together at an energetic pace with the intention of holding heat in the body to aid in building strength and flexibility. Asana modifications are offered, however the class is progressive in nature therefore some prior knowledge of Sun Salutations and standing poses would be beneficial.

**Zumba** – This fun, high intensity class fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind dance workout routine.

