



campus recreation

GROUP X CLASS DESCRIPTIONS

SPRING 2016

GET FIT!

HAVE FUN!

GET REC'D!

POWER YOGA

Get the restorative benefits of yoga plus an extra fitness boost with this faster-paced spin on Ashtanga Vinyasa yoga. You'll work up a sweat while centering your mind and improving strength and flexibility!

SAMBA

This high-energy class is a fun, physical workout as you take on the mesmerizing dance moves and energy from the streets of Brazil. Wear dance/workout gear, bring water and your positive vibes. Open to everyone of all levels!

PiYo®

A unique fusion of yoga and Pilates designed to help you build strength & gain flexibility.

ZUMBA®

ZUMBA® is an easy-to-follow, Latin inspired fitness class set to high-energy beats. Come join the dance fitness party! Now offering 'Xpress!

BELLY DANCE

Designed to teach basic and primal body movements of belly dance, shake it up, and feel the world beat in your feet! Wear dance/workout gear, bring water, and your positive vibes. Open to everyone!

CARDIO HIP HOP

A high-energy, easy to follow dance class! Dance moves are geared toward all fitness levels! Just come ready to shimmy, shake, and sweat to your favorite hit music!

HATHA YOGA FLOW

Enjoy the internal and integrative experience of yoga whether you are new or have a physical limitation. This class is a safe, friendly option for all levels. Now offering classical!

MAD SHAKE APPEAL

A high-intensity cardio class with Belly Dance, Samba, Salsa, Bollywood, and Club Dance influences. Receive a disciplined and fun approach while learning more about world music and dance!

GENTLE RESTORATIVE FLOW

Provides a balance of flowing movement and breath awareness with a slow and steady pace, intended to induce deep relaxation. For all levels!

CORE YOGA

Be prepared to fire up your abs! A series of floor abdominal exercises lead into a Vinyasa Flow, focusing on building and maintaining a strong, healthy core.

INTRO & INTERMEDIATE PILATES®

Pilates® improves flexibility, builds strength and develops control and endurance in the whole body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

VINYASA YOGA

This dynamic flow class infuses traditional flow with breathing techniques to enlighten the body, mind, and soul.