



campus recreation

GROUP X CLASS DESCRIPTIONS

Spring 2017

GET FIT!

ZUMBA®

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

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.

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.

HAVE FUN!

VINYASA YOGA

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



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.

GET REC'D!

PiYo®

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

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!

FUNCTIONAL YOGA

Suitable for all ages and levels, great for beginners and athletes, appropriate for individuals with longstanding injuries and chronic pain or discomfort. This class will draw from various modalities beyond yoga to educate practitioners on the fundamentals of physical anatomy and safe alignment.