DEPARTMENT OF CAMPUS RECREATION

Spring 2010 FITNESS CLASSES

Group Fitness and Spinning® Class Descriptions

Classes are scheduled monthly. Each month a new schedule will be posted.

- **ABS**: A core strengthening class targeting the abdominals and lower back.
- **BOOT CAMP**: A combination of cardio and strength elements set up to challenge you & to keep the heart rate elevated for a great workout!
- **CARDIO BLAST**: Co-ed High intensity 35-40 minute cardio for all levels with full floor work.
- **CARDIO BALL & SCULPT**: Co-ed High Intensity Low Impact workout Mixing cardio, weights, ball and floor work.
- **INSTRUCTORS CHOICE**: A class that allows the instructor to choose from their bag of workouts, anything from cardioblast, sculpt, ball and more!
- **PILATES**: A combination of mind and body exercise to develop strength & flexibility, producing a sleek and toned body!
- **PUMP IT UP!**: Do you like endurance strength training? Join this fun and challenging class that will get the heart rate up while strengthening your body!
- **SPIN® Express**: The same cycling journey as SPINNING®, just a shorter ride. 30-40 minute ride, Bring your water! All levels welcome!
- **SPINNING®**: An amazing journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels. Must bring towel and water bottle!
- **SPINNING® 101**: Spinning class specifically for beginners! Must bring towel and water bottle!
- **STEP**: The traditional cardio workout using the step! All levels.
- **STEP INTERVAL**: The traditional cardio workout using the step & strengthening exercises too! All Levels.
- **STRENGTH FOR BEGINNERS**: A 30 minute strength training session designed for beginners. Simple, effective moves to help tone entire body.
- **YOGA**: A series of postures designed to stretch, strengthen and tone muscles. This is a fitness based yoga practice. All levels welcome.
- **YOGA 101**: A series of postures designed to stretch, strengthen and tone muscles. This is a fitness based yoga practice for beginners.

Must bring your current CCU I.D. Please be sure to sign in at the front desk 15 minutes prior to class start to ensure your spot! Spinning classes are only open for the first 15 participants.

All CLASSES ARE HELD IN THE STUDENT RECREATION CENTER, AEROBICS STUDIO # 159

FOR MORE INFORMATION CHECK OUT THE WEBSITE:

[WWW.COASTAL.EDU/RECREATION](http://WWW.COASTAL.EDU/RECREATION)