UNIVERSITY RECREATION
GROUP FITNESS SCHEDULE
CLASS DESCRIPTIONS

DANCE and SPECIALTY CLASS FORMATS:

HIP HOP CARDIO A fun, energetic class for all levels. Work your entire body while learning choreography to old school and today's hip hop hits. You will get your swag and sweat on!

JAZZ & CONTEMPORARY DANCE Call all dancers! A fun dance class for all levels that introduces the popular style of contemporary dance! Get a great workout and learn the aspects of moving your body to exciting choreography!

TECHNIQUE FOR CONTEMPORARY DANCE Not a dancer, but want to learn or trying to improve? Come join a dance class for everyone of all levels! Get a great workout while learning basic technique skills with a variety of combinations of choreography.

SHOTOKAN KARATE This is a traditional Japanese/Okinawan martial art designed to strengthen the mind and body. Beginners are welcome! This class is open to all students, faculty and staff. To learn more about CCU Shotokan please visit ccu.ska.org.

ZUMBA This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

MIND/BODY CLASS FORMATS:

PILATES The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

REST & RECOVER YOGA Take time for yourself to let your body restore from the daily stresses. Focus on meditation, relieving tension in the mind and body.

SUNRISE YOGA Ease into your day with a focus. Working strength and flexibility with basic postures & seek to challenge your body with new ones.

YIN YOGA Yin Yoga is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

YOGA Focused for Beginners We will build strength and flexibility with basic postures & work to perfect new ones. Yoga will test your body to new limits. We will try new things and freestyle along the way.

YOGA POWER FLOW Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

YOGA CROSSFIT is a pure workout that includes exercises that will help to develop strength, core, asana skills and control for some of the most challenging movements in the vinyasa in the Ashtanga system. While this class is more on the challenging side there is something for all levels practitioner. We will begin and end this class with some nice stretches. This is not a traditional yoga class.

YOGA STRENGTH a class designed to build your strength endurance through the breath, core, and postures. Focus on releasing tension from the body and building strength along with flexibility.

STRENGTH CLASS FORMATS:

ARMS & ABS Do you feel like these are areas you have a hard time working on your own? Join us for a quick workout to target some often missed areas!

BUNS & THIGHS 45 minutes to toned legs and glutes! Have you heard about the new exercise craze.. STRONG. Come push yourself and motivate your peers in this high energy class that will improve your strength, stability, and increase your sweat output. From Instagram to reality, we break down key exercises to help you in your goals to a stronger body.

CIRCUIT 30 Using the Queenax (JUNGLE GYM) training system alongside other equipment to provide a variety of circuits to get strong & lean!

CORE BLAST Learn proper form & technique for strong core development in this ABSolutely awesome class.

HIIT (High Intensity Interval training) Interval training has never been this much fun! Join in for a mixture of muscle conditioning and high energy hit and tabata cardio( 8 rounds: 20 second high intensity training and 10 seconds active rest) exercises that will shape and define. Class format will vary so expect the unexpected! The Hiit approach to exercise is very physically demanding and not appropriate for beginners.

STRENGTH CIRCUITS Using different exercises to build strength in a circuit format to keep the heart rate up and variety for a fun workout!

SPINNING® CLASS FORMATS:

CYCLE CINEMA - "THE BACHELOR" - Ride with us while watching all the drama on the Bachelor this season. Such a fun class!

SPINNING® An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels.

SPIN® EXPRESS - 40-45 minute heart pumping time on the bike.

QUICK SPIN® - Join us for a great, 30 minute quick ride. Also great for beginners to get used to the longer rides.

SCHEDULE AVAILABLE ONLINE WWW.COASTAL.EDU/RECREATION/FITNESS