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 out!

JAZZ & CONTEMPORARY DANCE  Calling 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!

SHOTOKAN KARATE  This 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.

MIND/BODY CLASS FORMATS:

PIATES  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.

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 vinyasas 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.

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.

CORE and MORE  Circuits of Cardio, Core and Strength. You're sure to have fun and burn calories in this 45 minute 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 hitt 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!

TOTAL BODY TONE  Detrengthen your total body. All types of equipment is used for a challenging and fun workout! ALL Fitness Levels are welcome.

SPINNING® CLASS FORMATS:

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