



UNIVERSITY RECREATION GROUP FITNESS SCHEDULE

CLASS DESCRIPTIONS SPRING 2024



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!

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:

HATHA YOGA All levels welcome. We will focus on posture and breathing techniques, slower paced yoga practice.

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.

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

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.

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.

Restorative Yoga focused on setting positive intention for the week ahead and shedding off energy from the week before.

YinYasa Yoga offers everything you need in just an hour, beginning with power flow to build strength and finishing with deep stretches to practice flexibility. The class will be structured 50/50 to work on both dynamics of strong practice and will be full of modifications to be accessible to beginners and intermediate yogis alike.

STRENGTH CLASS FORMATS:

TOTAL BODY BLAST: This total-body class targets muscles from head to toe - building strength and endurance, while improving flexibility.

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.

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.

Spin® & Core - Join us for an intense 30-minute spin ride, followed by 15 minutes of core to get a full-body burn!

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

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