

CARDIO

HIIT: High Intensity Interval Training combines bursts of intensive cardiovascular training with short periods of less intensive training.

Express HIIT (30 minutes): Get in this quick high intensity interval training class which includes bursts of intensive cardiovascular training with short periods of less intensive training.

Cardio Kickboxing: High energy workout for any participant level that will include variations of kicks and punches to help improve your stamina and reduce stress.

AM Conditioning: Incorporate strength and cardio segments to power you through your day with this morning conditioning class.

Cardio Sculpt: A mixture of strength and intense cardio that is taught in intervals.

CYCLE

Cycle: Experience a variety of cycling drills designed to improve cardiovascular performance; including hill climbs, sprints, and jumps. Be ready to strengthen your lower body muscle groups and challenge your cardiovascular endurance!

Cycle & Abs: An abbreviated 30 minute cycling class followed by 15 minutes of core strengthening exercises and stretching makes for the best of both worlds.

Ride & Relax: Participate in cycling drills for half the class and the last half will allow individuals to participate in yoga to activate their mind and body. Participants will spend 30 minutes on the bike and 30 minutes off the bike performing yoga poses.

MIND & BODY

Yoga: Soothing and introspective class that combines meditation with body awareness.

Sunrise Yoga: Start your morning off by performing stretches and holding yoga poses that are invigorating and preparing the body to power you through the day.

Yoga Flow: Vinyasa style yoga class that will connect breath with fundamental poses.

Power Yoga: Fitness-inspired total body yoga practice to build muscular strength and endurance while improving mobility and circulation.

Gentle Yoga: Whether you are a beginner or looking to deepen your yoga practice, this class will focus on the basic principles of yoga.

Pilates: Focus on building strength as well as working on the mind and body connection. Participants will do ground work on a mat and use some light equipment.

DANCE & AEROBICS

Cardio Dance: Similar to Zumba, bust out your best dance moves and get your heart rate elevated with fun choreography for popular hits as well as Latin music that will definitely get your hips moving!

Clubbin' Cardio: Choreographed routines to popular club hits. Take this class to get moving and to learn new dance moves!

Hip Hop Fitness: Join us for a high energy dance workout designed to combine today's hip hop hits with the latest and greatest dance moves!

RESISTANCE

Total Body: Challenging and dynamic whole body workout using dumbbells, bands, exercise balls, resistance bars, and more.

TRX: Suspension training using your body weight to displace your body's center of gravity, which requires the core muscles to work hard to promote balance and stability. All participants are welcome and each will have their own TRX Suspension Trainer to work all major muscle groups in the body.

Hardcore Abs: Work your abs and entire core muscle group through a variety of exercises designed to promote core strength and endurance.

Booty Bootcamp: Intense glute workout accompanied with cardiovascular training.

OUTDOOR

Rebel Boot Camp: Prepare to sweat and push yourself to the next level with this intense boot camp style class incorporating high intensity movements.

Fit Rig 101: Campus Rec is happy to introduce the new Fit Rig. Designed to demonstrate how to use equipment on the Fit Rig. Participants will also get a great conditioning workout!

- Classes are 45 minutes unless listed otherwise.
- Classes will be modified to accommodate all fitness levels.
- Due to instructor availability, not all classes will be offered each semester.