



# UNIVERSITY RECREATION GROUP FITNESS SCHEDULE

## CLASS DESCRIPTIONS FALL 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 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](http://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.

**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:

**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!

**BUTTS & GUTS** This lower body and core focused class targets muscles of the abdomen, obliques, and all of the legs. Builds strength and endurance, followed by a cooldown period.

**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 HIIT 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:

**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](http://WWW.COASTAL.EDU/RECREATION/FITNESS)

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