

FITNESS CLASS DESCRIPTIONS

REC CENTER	DESCRIPTION
BARRE	Full body sculpting using the ballet barre and small, isometric, concentrated movements.
CARDIO KICKBOXING	The fat-blasting, ab-defining cardio workout that is sweeping the nations health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!
CYCLE	The ultimate workout for athletes as well to the beginner looking to get in the best shape of their lives. Be ready to climb mountains and speed through intervals while listening to good music. You will want water and towel for this one for sure!
FITNESS 101	New to the Rec and need some workout tips or ideas? Or just looking for a weekly workout you can do on our fitness floor? Our Exercise and Wellness Interns are here to help!
HIGH FITNESS	This is a hardcore fun fitness class that incorporates interval training with music you love and intense, easy to follow fitness choreography.
HIIT CARDIO CORE	Welcome to max interval training. You work as hard as you can for 3 min intervals, with 30 second periods of rest in-between. The result: burn up to 1,000 calories in an hour!
HIIT STRENGTH	Looking for the chiseled and toning effect? This class combines strength work and cardio intervals to give you the best of both worlds!
PILATES	Pilates is a great core workout for beginners and advanced alike. This program hones in on the torso and sling muscles that connect your upper and lower body. It's ideal for tightening your tummy and glutes, as well as improving functional strength and assisting injury prevention.
PILATES FUSION	Pilates Fusion is a great total body workout with an emphasis on strengthening your core. This class blends elements of a traditional Pilates class with endurance training for the perfect blend of full body fitness.
PIYO	PiYo is a low impact, fat burning workout that combines the muscle sculpting, core strengthening benefits of Pilates with the flexibility advantages of Yoga. Get ready to burn!
POWER YOGA	Through the postures of the primary and second series of ashtanga yoga this class will empower your body and mind. Come prepared for a great workout and ready to challenge your mind in the moving meditation of yoga. Focuses include: the foundations of power yoga, body alignment, physical conditioning, and mindfulness.
RESTORATIVE YOGA	Slow down, settle in and breathe deeply in this Restorative yoga class. Using bolsters, blocks and straps this class emphasizes supporting the body for several breaths to several minutes in each pose, encouraging deep stretching and greater body awareness. The poses are low energy and stay close to the earth, focusing on surrender, respect and compassion for your unique body's needs.
SHORTENED PRIMARY SERIES YOGA	Ease the stress of your day by using dynamic breathing and strong flowing movements for greater strength, flexibility, and range of motion. The primary series is a foundational practice which provides the basis for the other five ashtanga vinyasa sequences. As well as the postures, it includes a specific breathing technique, use of bandhas, drishti (gaze points) and coordinated movement with the breath. The class is called "Shortened" Primary Series because it is 60 minutes rather than 90.
SILVER SNEAKERS	Muscular strength, balance, and range of motion for seniors, or those recovering from injury. Use a chair to ease yourself into regular classes and improve your health!
STRENGTH TRAINING	Build lean, gorgeous muscles and rev up your metabolism in PUMP class. These classes will primarily focus on the use of resistance equipment including bars, steps and dumbbells to get you the results you want!
STRONG	Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.
SURGE FIT	Surge Fit was created by two group fitness fanatics who wanted to fuse the endorphin high of cardio moves with the body sculpting results of strength training. The philosophy of Surge Fit is simple: HIIT Cardio + Weight training + Great music = Reults! In a nutshell, Surge Fit is a choreographed HIIT class to popular music that intertwines cardio tracks with weight training tracks, and uses moved that are dynamic, athletic and repetitive.

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U-JAM	Love Hip Hop? This one is a must! U-Jam is a high energy dance fitness class that takes dances from all over the world and mixes it with urban, hip hop flavor.
VINYASA FLOW	A vinyasa flow class based on traditional ashtanga sequences. Perfect for beginning to advanced yogis. Class begins with gentle movements attuning the body to the breaths followed by sun salutations. Then, mindfully moving through a series of standing, seated, and inverted postures to increase strength, balance and flexibility. Class ends with a farewell salutation of “Namaste” which means the light in me acknowledges and honors the light in you.
WYLD	WYLD is a dance fitness format focused on connecting with your body and dancing the night away to popular music. If you want a salty sweat fest with some sizzle,—WYLD. If your mind thirsts for a challenge,—WYLD. If you are searching for expression and vulnerability,—WYLD. If you want to surround yourself with super humans who want to contribute,—WYLD. The evolution is where purpose and beauty are found. What is WYLD? This isn't a shady pick-up line: WYLD is whatever you need it to be.
YOGA	Can you remember the last time you focused on your breathing and relaxation? Ease the stress of your day by using dynamic breathing and strong flowing movements for greater strength, flexibility, and range of motion. Make sure you check out our app for more detailed descriptions on what you can expect from the instructor!
ZUMBA	Did anyone say party? Dance to great music, with great people and burn calories without even realizing it. Zumba is a Latin-American dance class with creative patterns and fresh music. Like dance? This is a must!
ZUMBA GOLD	Feel overwhelmed when you attend Zumba? This class is less intense with dance routines designed for beginners and older adults using modified movements.
ZUMBA KIDS (AGES 8-13)	Bust a ridiculous dance move in front of your friends or watch TV on the couch? We think there is an obvious answer here. Come bust a move with kid friendly Zumba routines. We break down the steps, add games, activities, and cultural exploration.
ZUMBA KIDS JR (AGES 4-7)	Bust a ridiculous dance move in front of your friends or watch TV on the couch? We think there is an obvious answer here. Come bust a move with kid friendly Zumba routines. We break down the steps, add games, activities, and cultural exploration.
ZUMBA SENTAO	Zumba plus a chair! Zumba choreography added with strength, balance, and stabilization for your core.
ZUMBA STEP	Zumba plus a step! Loads of Latin-American dancing combined with some killer step moves to spice up those legs up and feel the heat even more.
ZUMBA TONING	The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

FIELDHOUSE	DESCRIPTION
WEIGHT TRAINING	Build lean muscle, rev up your metabolism and get strong in our Weight Training classes! These classes will primarily focus on the use of resistance equipment including bars, weights and medicine balls to get you the results you want!
30 HIIT/30 WEIGHTS	Mix it up in this unique class that offers 30 minutes of high-intensity interval training to torch fat in a short amount of time, followed by 30 minutes of strength training to continue the fat burn post workout! The combination of these two training methods provides a class filled with variety that will help participants build strength, burn calories, look and feel great!
OLYMPIC STYLE WEIGHTLIFTING	This is a 55 minute class that focuses primarily on instructing and improving technical execution of the snatch, clean & jerk and related lifts. This class is designed to help improve technique, efficiency and coordination for all levels of lifters. The program is to improve explosiveness, power, and a better baseline for Olympic lifts.
TRX PLUS	Are you ready to feel and look your best? TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Due to number of participants, this class is similar to our Fieldhouse Fitness format with a heavy emphasis on TRX.
FIELDHOUSE FITNESS	Train like an athlete with the Fieldhouse fitness program! Work with certified personal trainers to improve your agility, strength, speed, resistance, core, and balance through functional movement training in a multi station, high intensity interval workout!
METABOLIC RESISTANCE TRAINING	MRT uses different combinations of training systems that include supersets, cardio, plyometric movements, speed drills, short rest periods and compound movements in one workout to maximize caloric expenditures and increase one's metabolic rate. The blending of cardio and weight training into one workout creates a large post workout calorie usage called “after burn” that lasts 36 hours after completing your workout!
TRX - HIIT & MOBILITY	This class is for those looking to get a great workout while preventing injury and improving strength, range of motion and posture. You'll rotate between two beneficial types of training: HIIT (high-intensity interval training) and Mobility. The HIIT portion of class will have a special emphasis on using the TRX Training System to keep your heart rate up and burn more fat in less time. Through mobility work, the focus will be on improving the movement of your body so that you can increase your athletic potential, decrease injury and feel better.