Group Fitness Class Descriptions Fall 2015

20/20/20
This low-impact class is geared towards those who are new to fitness, want to learn the basics, or just getting back into a workout routine. Class will combine cardio moves, strength exercises, and core work, in addition to balance and stretching techniques to provide an all-around total body workout.

Hydrofit
Increase your overall fitness with low-impact exercise. Class will include dynamic and high energy intervals, focusing on stamina and strength. Open to all fitness levels, no swim experience necessary (meet at the pool).

Aqua Zumba
This is a “pool party” aqua fitness program made for everyone. It is a safe, effective, and challenging water-based workout set to Latin and International dance rhythms that integrates the Zumba formula and philosophy into a traditional aqua fitness class.

Dance Sculpt
Come dance and increase your strength and muscle tone! This unique combination of Zumba moves, followed by strength exercises will give you a fun, total body workout.

Yoga
Yoga Essentials: This class is suitable for both beginners and for those with some Yoga experience. Class will include: basic breathing exercises (meditation), foundational poses, sun salutations, and deep relaxation. Emphasis in this class will be on physical and mental connections with awareness and alignment. Try Hatha Yoga for a slow paced class, where poses are held for longer periods. Yoga Flow is more fluid, moving through the pose with one slow, deep conscious breath at a time. Yoga Relax is a slow paced, centering class, which encourages relieving stress and tension in the body.

Zumba
Come relive some stress and get your cardio on! Zumba is a fun, energetic, cardio workout with upbeat Latin, International, and hip-hop music. Easy-to-follow choreography made for all fitness levels. No dance experience required.

Core
Core strength is essential to your overall fitness. Take this 30 minute class to improve your core strength and definition with this intense abdominal workout. From basic abdominal exercises to powerful techniques, this workout will strengthen your upper, lower, and oblique abdominal muscles.

Cycle
One of the best cardio classes on the planet, this workout is one ride you will never forget. Cycle is taught on the stationary bike, with interval drills based on the music. Try Cycle & Core to add core strengthening exercises to your workout.

High Intensity Interval Training (H.I.I.T.)
Join us for a total body, interval-based, cardio and strength conditioning workout. Combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

Muscle Power Hour
Strong is the new skinny! Muscle Blast is a total-body, strength workout, using dumb bells, resistance bands, medicine & physio balls, and your own body weight, to strengthen all major muscle groups; designed to define, shape and tone your body. There is no cardio in this class.

Pilates
This class seeks to develop a balance between strength and flexibility with the goal of improving posture and mobility for optimal conditioning and ease of movement.

**Power Circuit**
Class will be set up in a circuit format, with different stations focusing on cardio, strength, and core. Get ready to work hard for this total body workout! Various types of equipment will be used to include: slam balls, free weights, bosu balls, battle ropes, and resistance bands.

**Islander Fit**
Join us in the beginning of the semester to get started with this high intensity, cardio and strength class. Each month, there will be an increase in intensity and challenge, allowing participants to see their progress. Workout of the week will be posted in the studio on Mondays.

**Max Interval**
Push past your limits with workouts packed with plyometric drills and relentless intervals of strength, power, and resistance moves. The program also incorporates ab and core training techniques to help sculpt and tone.

**Athletic Conditioning**
Do you miss those hardcore drills from sports practice? Come to the Sport Conditioning class for intense sport drills training! Partner and team drills will be a part of this class. Increase strength, power, agility, and cardio here!

**Power Yoga**
This is a fast paced, core strengthening class that will test your limits!

Xpress classes are 40min or less in length.

*A high-intensity cardio workout not recommended for beginners.

Beginner: Green
Intermediate: Blue
Advanced: Red