**Group Fitness Class Descriptions Spring 2015**

**Fit Level 1**
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.

**NEW! 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**

**NEW! Beginner Yoga:** We understand college can be stressful, we are all beginners here! 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. **Vinyasa Yoga** is more fluid, moving through the pose with one slow, deep conscious breath at a time.

**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.

**NEW! Cardio Kickbox**
High energy, cardio workout using punches, hooks, and kicks from kickboxing to challenge your stamina and cardio endurance, with high intensity rounds of combinations.

**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.

**NEW! Muscle Blast**
Strong is the new skinny! Muscle Blast is a total-body, strength workout, using dumbbells, 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.

**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.
NEW! *IslanderFit
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.

NEW! Sport 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!

Xpress classes are 40min or less in length.

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

Beginner: Green
Intermediate: Blue
Advanced: Red