

CLASS DESCRIPTIONS

CARDIO ▲

KICKBOXING: This is a full body workout! Enjoy feeling the burn while strengthening your body and getting a more toned figure by kicking, punching, and more!

MORNING CIRCUIT: This class incorporates the best of both worlds: cardio and strength training! Join in to slim and tone your body at the same time! This class will incorporate the use of resistance bands, hand weights, ball work and aerobics.

TURBOKICK: This class is a combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down.

STEP AEROBICS: Step to the beat to strengthen your cardiovascular system and your entire body! You will go through basic step combinations and engage in a variety of strength training exercises for an awesome full-body workout.

STRENGTH ●▲

MED-BALL: This an intense but fun class to help strengthen your muscles while learning exercises using medicine balls. Enjoy your workout while adding some extra weight for a more intense full body workout!

BACK IT UP: A strengthening class made to target your entire back as well as your butt! Feel the burn as you shape and sculpt as well as strengthen during this fun but intense class!

AWESOME ABS: This is a strengthening class with a main focus on the abdominals! Come on in and enjoy working on your mid-section to get the abs you've always wanted while strengthening and toning other major muscles in your body!

LEGS & ABS: A strengthening class made to target your quads, hamstrings, calves, and abdominals. Get ready to feel the burn!

BOOTY WORK: Feel the burn in your booty as you use the popular technique of "sliding" with your legs. No need for tennis shoes but socks are required!

TANK TOP ARMS: Want those arms perfect for tank tops? Push yourself in this class to achieve tank top arms through using various equipment and exercises.

FULL BODY BLAST: A strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help you tone all major muscles.

MIND/BODY ●▲■

WARRIOR YOGA: This class will energize your body as you flow from pose to pose. This yoga focuses on strengthening, toning, breathing, posture, stress relief, body alignment, flexibility and endurance!

BEGINNER YOGA: This class is a similar version of the traditional yoga class that will teach you basic yoga poses, breathing techniques, and more!

YOGA: This is an ancient natural method for achieving and maintaining physical, mental and emotional health, which is very popular right now. This class includes classic yoga poses, warm ups, breathing techniques, and relaxation methods.

PILATES: Designed to develop core strength and stability, Pilates includes movements to improve posture and create overall toning as well.

MEDITATION YOGA: A guided relaxation/meditation technique that is intended to induce full body relaxation and a deep meditative state of consciousness. It pacifies the body and quiets the mind by discharging muscular, nervous, mental and emotional tensions.

AQUA ●▲■

H2O ROBICS: Get ready to take the plunge. This class will get your heart pumping while using the resistive properties of water to kick your cardio up a notch! Swimming skills not required.

MORNING SWIM: Beginner instruction on how to lap swim including proper technique for multiple strokes.

DEEP WATER SWIM: Challenge your water workout by taking it to the deep. Less tension on the joints with more resistance. Jogging belts provided.

DANCE ●▲■

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin- inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

HIP HOP: This instructional class teaches and breaks down popular dances to hit hip hop songs.

BALLET: This class introduces the basic ballet exercises and body positions for beginners. Gain long, sinewy strength through this class' dance-like exercises. This workout will burn calories and increase your strength and flexibility. Open to all levels of experience.

CAPOEIRA: Capoeira is a fun and challenging sport that combines explosives moves with strength, flexibility and rhythm, promoting self-discipline, cultural understanding, and respect for tradition, ritual, and community

HIP HOP/POP DANCE: Learn dance moves from today's hottest artists as we break down step by step the choreography from their music videos.

ARE YOU READY TO GET OFF THE COUCH?

THE GROUP FITNESS ROOM IS READY FOR YOU! WE PROVIDE CLASSES FOR EVERY FITNESS LEVEL. WHETHER THIS IS YOUR FIRST GROUP FITNESS CLASS, OR YOU ARE A LONG TERM PRO, VSU CAMPUS REC HAS SOMETHING FOR YOU. FOR THE BEGINNER, TRY AN AEROBICS HIP-HOP CLASS OR PILATES. FOR THE MORE ADVANCED TRY KICK-BOXING OR DEEP WATER SWIMMING.

YOU MUST HAVE A VALID VSU ID TO ENTER. FOR ZUMBA, AWESOME ABS, YOGA (MEDITATION, WARRIOR, AND REGULAR) PLEASE ARRIVE 30 MINUTES EARLY TO SAVE YOUR SPOT FOR CLASS!

SEE YOU SOON!

CLASS KEY:

BEGINNER



INTERMEDIATE



ADVANCED

