



# Group Fitness Class Descriptions

<b>Abs</b>	This abs class uses various stations and/or equipment to tone your stomach while making ab work fun again!
<b>Arms and Abs</b>	Gain strength in your arms and core with various types of equipment.
<b>Awesome Arms + Cardio</b>	A high intensity cardiovascular workout with the combination of strengthening and toning your biceps, triceps, and arm muscles.
<b>Ballet</b>	This Ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body.
<b>Barre</b>	This class combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles.
<b>Bootcamp</b>	A full body workout in a boot camp style, with challenges for every set of exercises. Push your body to the limit and we will encourage you through the whole 45 minutes.
<b>Booty work</b>	Come in and get ready to target your muscles from the waist down. By the end of this class your legs and glutes will start to look better than Beyoncé's.
<b>Butts &amp; Guts</b>	A combination of lower body work and core strengthening. Leave feeling better about yourself than when you walk in!
<b>Cardio and Abs</b>	Energizing cardiovascular workout and strengthen your core.
<b>Circuit Training</b>	Incorporate a high intensity workout while training your body with dumbbells, barbells, and kettlebells at different stations.
<b>Core and Cardio</b>	A high intensity cardiovascular workout combined with the toning and strengthening of your abdominal muscles.

## Campus Recreation

Division of Student Affairs

**Address** 1500 N. Patterson St. • Valdosta, GA 31698-0538  
**Phone** 229.333.5898 • **Fax** 229.259.5088 • **Web** [www.valdosta.edu/recreation/](http://www.valdosta.edu/recreation/)

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<b>Cycle and Sculpt</b>	This class was designed to give you the best of both worlds: cycling and Total Body Sculpting. The quick transitions and sculpting exercises will target each muscle group effectively and in a short amount of time.
<b>Cycle/Spin</b>	This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.
<b>Dance Fusion</b>	A variety of dance styles and music that you can make your own and have fun with.
<b>Full Body Blast</b>	Come make this class your own with challenging your major muscle groups for each exercise. With the use of body weight, barbells, dumbbells, and kettlebells; your muscles will be working the whole time.
<b>HardCORE30</b>	This 30 minute core workout focuses on the muscles to improve your overall strength and endurance. Your core is sure to be on fire when you leave.
<b>HIIT</b>	This class is incorporates cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training helps performance while improving the ability of the muscles to burn fat.
<b>Hip Hop</b>	Get fit while learning fun dance combinations each class with this fast pace and hi-energy class.
<b>Hip Hop Breakdown</b>	Learn new dance combinations in slower paced class with lots of energy packed in to a 45 minutes session!
<b>Hourglass Figure</b>	In this class you will combine cardio with toning to get the figure that you want. A high energy and encouraging environment for everyone!
<b>iBurn</b>	Come in to not only burn away the calories, but also the stress! With the use of multiple body weight and equipment exercises, you'll feel the burn in to the next day.
<b>Insanity</b>	This cardio-based program includes total body conditioning by using interval training. Push yourself to a new height while burning calories, during each round.

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<b>Lower Body Blast</b>	A fat blasting class to tone legs, glutes, and abs!
<b>Kettlebell Kraze</b>	While engaging the entire body at once, you'll learn the basic movements of Kettlebell exercises. These exercises build strength, cardiovascular endurance, and increase grip strength.
<b>Lower Body Blast</b>	Look forward to toning and sculpting your lower body including your legs, glutes, back and abs.
<b>On The Ball</b>	This class is done using a stability ball and various other types of equipment to improve balance, strength and muscle conditioning.
<b>PiYo</b>	The combination of muscle-sculpting, core-firming workouts from Pilates with the strength and flexibility of yoga in one class! This low-impact workout leaves your body looking long, lean, and defined.
<b>Spin</b>	Hate cardio, but want to get in a good sweat? Join our spin class for a high energy, calorie burning class, enjoyable for everyone!
<b>Spin + Yoga</b>	Start the class with a cardiovascular, calorie burning workout, and end the class with a longer stretch period than a normal spin class. Leave excited about your workout and relaxed through your stretching.
<b>Spin + Yoga Power Hour</b>	Push through the entire hour burning calories and ending with a relaxing, calming, stretching period.
<b>Spin N Lift</b>	An intense cardiovascular workout with some strength training added. In this class you will use the bike as well as dumbbells and body weight to tone your muscles.
<b>Spinergy</b>	A combination of an intense cardiovascular workout combined with hi-energy motivation from our instructors. Come prepared with your smile!

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<b>Tabata</b>	Get lean and strong with short bursts of peak effort using the ultimate fat-burning Tabata formula of a work:rest ratio of 2:1.
<b>Total Bodytone</b>	Experience this challenging and active whole body muscle conditioning class. You'll use dumbbells, exercise balls, body bars & other pieces of equipment as resistance tools.
<b>Undo &amp; Renew Yoga</b>	Undo your worries and renew for the rest of the week with this calming class full of stretching and releasing the bad.
<b>Upper Body Blast</b>	Tone from the waist up with a variety of equipment. The exercises used in this class can be taken with you upstairs to the weight room or right in your dorm or apartment.
<b>Workout of the Day (WOD)</b>	Join us in the Functional Training Room upstairs to learn how to use the new equipment with a trainer as well as get a strengthening and calorie burning workout!
<b>Yoga</b>	This class will go through a series of poses that combine flexibility, power, strength, and balance. This class provides an excellent and complete flexibility and toning workout.
<b>Zumba</b>	Take the work out of workout and join the party! A total body dance party that will boost your energy while burning calories every time!

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