

SUMMER 2014

WRSC GROUP EXERCISE CLASS DESCRIPTIONS

*Classes are suitable for **ALL** fitness levels. Instructors are trained and expected to teach to a variety of levels offering modifications and progressions as needed. If you attend a group exercise class and feel it was not suitable for your fitness level please contact the Fitness Coordinator Colette Cabot at cabotcj@utpa.edu

SPINNING® CLASSES (Studio 1)

- **SPINNING®** is a group cycling class. The instructor picks the type of ride for each class. Examples of possible classes include:
 - **Fat Burner** – Exercising at lower heart rates helps to build an aerobic base and burn fat. Expect to work at low to moderate intensity levels. *Exercise intensity: 65-75% maximum heart rate.*
 - **Interval** – Expect hills, humps, runs, flats, and climbs with varying intensity levels. This class is ideal for burning calories and pushing yourself to the next level! *Exercise intensity: 50-92% maximum heart rate.*
 - **Strength** – Steady, consistent pedaling with heavy resistances to develop the lower body muscles and challenges the cardiovascular system to promote power. *This class is ideal for becoming a stronger rider. Exercise intensity: 75-85% maximum heart rate.*
- **Cycle Fit & Abs** - Group cycling class on a stationary bicycle. The instructor picks the type of ride for each class and is followed by ab work.

MIND/BODY CLASSES (Studio 1)

- **Pilates** – Lengthen all the muscles of the core in a series of mat-based exercises. Designed to focus on the deep muscles of the abdominals, back, hips, and glutes, this class will also improve quality of movement, develop core postural muscles, stabilize the spine, promote good body mechanics as well as mental relaxation.
- **Restorative Yoga** – Restorative yoga Restore the mind and body with gentle stretching and strengthening. This practice utilizes long holds in accessible postures to release tension in the body and create a sense of calm. This class is appropriate for all levels.

LAND CLASSES (Studio 2)

- **Muscle Sculpt** – Tone, sculpt, and chisel your total body to feel energized and strong! This class will utilize equipment such as bands, body bars, dumbbells, and even your own body weight to transform your body into a new you.
- **Zumba®** – ZUMBA® is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective, fitness class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
- **Butts & Guts** – Tone up the “problem areas” by focusing specifically on the glutes (butt) and core (abs & lower back).
- **Turbo Kick™** – Sister to the hit Turbo Jam™, Turbo Kick™ is a high-energy class that utilizes movements from kickboxing, boxing, and hip hop style moves to create a constant workout “PARTY!”
- **Cardio Dance** – Very similar to other mainstream dance fitness classes this class features a variety of different rhythms such as hip hop, salsa, rock, and more into a fun and easy to follow cardio dance class.
- **RIP** – This barbell class features athletic movements such as squats, lunges, chest presses, bicep curls, and more. Routine is choreographed and utilizes a weight pyramid to allow the average participant, conditioned athlete, and seasoned lifter to work at their level.

- **WAR** – An exhilarating total body workout where a fusion of martial arts meets chart-topping music. BECOME ARMED & DANGEROUS!