



GROUP EXERCISE

CLASS DESCRIPTIONS

MIND & BODY:

HIIT Yoga: sweating to yoga-inspired, high intensity intervals with active recovery periods in between. To end the class, a yoga cool down and meditation will leave you feeling stretched, relaxed, and ready to take on your day.

YOGA: utilizing various poses, postures, and breathing techniques to build a strong foundation of flexibility, strength, and stamina, while reducing stress, enhancing awareness, and practicing personal growth. Please bring yoga mat for practice.

POWERNAP!: taking the time you need to recharge. This 60-minute class will relax the body and mind. Enjoy 30 minutes of Hatha yoga leading into 25 minutes of guided meditation and rest. Small pillow or throw blanket is suggested!

PILATES: combining a series of low impact exercises focusing on alignment and breathing to develop muscular endurance, balance and inner awareness. Please bring mat for practice.

RESTORATIVE YOGA: cultivating an intentional self-care practice and developing the mind-body connection through breath techniques, postures and meditation. This class designed to promote holistic wellbeing. Hosted by KSU Counseling and Psychological Services.

STRENGTH & CONDITIONING/FUNCTIONAL:

BOOTCAMP: exhilarating and effective workout utilizing body weight, dumbbells, and pure athletic ability to push your fitness limits by involving multi-joint exercises to mimic every-day movement patterns.

TRX® SHRED: using the TRX® Suspension Trainers and other fitness tools to leverage gravity and body weight, while performing hundreds of exercises, as well as adjusting your body position to add or decrease intensity.

GUTS AND BUTTS: concentrating highly on the abdominals, lower back, and lower body, this challenging but fun workout is for all fitness levels.

BEGINNER'S STRENGTH: focusing on basic strength training, utilizing body weight, dumbbells, sandbags, TRX® Suspension Trainers and more. This class is intended for beginners or anyone looking to sharpen their form. Intensity levels range from moderate to high depending on YOUR goals!

CARDIO:

ZUMBA: combining unique, high energy moves and motivating international music will make you forget it's a workout.

CYCLING* and CYCLE EXPRESS*: increasing cardiovascular endurance by pedaling in and out of the bike saddle and enduring a variety of sprints, hills and intervals by adding resistance to the bike - for all fitness levels. Cycle express is everything you love about cycling in 30 minutes! *arrive 15 minutes early for a 1-on-1 bike fitting with the instructor. Please bring a water bottle and towel to this class!