



# GROUP EXERCISE CLASS DESCRIPTIONS

## MIND & BODY:

**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!