

# GROUP FITNESS CLASS DESCRIPTIONS

BEARKAT BOOTCAMP	Feb 1st – 24th & April 5th – 28th. Bootcamp sessions: Mondays & Wednesdays, Beginner: 6:30 – 7:30am, All Levels: 6:30 – 7:30pm . \$25 for students, \$35 for faculty/staff. For more information on how to register please see our website at <a href="http://shsu.edu/recsports">shsu.edu/recsports</a> or call (936) 294-1307.
BEGINNER YOGA	An introductory course including over 30 basic yoga postures to improve flexibility and strength, instruction in the complete yogic breath, and relaxation/meditation exercises for focus and stress management. Written lessons are distributed each week and regular attendance is encouraged for advancement.
CARDIO & CORE	Blast calories and mix up your cardiovascular training with a little bit of step, jogging, kickboxing and aerobic drills.
FIGHTERS ELITE KICKBOXING	This workout is a combination of cardio, self-defense techniques and precision kickboxing moves that will trim and tone your muscles to the max! Not intended as a self-defense class.
F.I.T. KAT	“Fun Interval Training” combines athletic drills with high-energy intervals to rev up your metabolism, keep your heart rate up, and maximize your caloric burn.
FORM & FLOW YOGA	A slower, form efficient emphasis using gentle flow sequences and standing postures to improve balance, flexibility and tone. Includes warm-up and relaxation.
HARD CORE PEACE CORE	Work on improving your core strength, stability and balance. Muscles targeted: abs, back glutes and hips.
INSTRUCTOR CHOICE	Each Saturday a different instructor will highlight a class of their choice. Enjoy!
INTRO TO POWER YOGA	This class will provide in-depth coverage of the flows and poses, with an emphasis on arm balance and inversion in power yoga. Include warm-up and relaxation. Express 40 min.
MAT PILATES	Core strength is an essential part of maintaining posture, balance, functional movement and creating a healthy pliable body. This intelligent form of exercise will focus on integrating the entire body, rather than exercising each body part separately. 60 min.
MUSCLES DEFINED	An overall total body workout focusing on muscular strength. This class utilizes barbells and hand weights to sculpt your entire body and have you feeling fit and trim!
SPIN/CORE	Work up a sweat you won't regret! This combination class covers 30 minutes of spinning and 30 minutes of athletic and pilates based core training!
SPINNING	It's more than a workout... it's a philosophy! Whether you ride to get stronger, nurture your body and spirit, sweat out the events of the day or reinvent yourself, spinning is YOUR ride! With only 8 spots available, sign up is required 30 min prior to class time at member services. (A water bottle and towel are mandatory). Spin 1 = 30 min. (Beginner), Spin 2 = 45 min. (Intermediate), Spin 3 = 60 min. (Advanced).
POWER YOGA	An intense cardio emphasis class using rapid flow sequences and standing postures to improve balance, flexibility and tone. Includes warm-up and relaxation.
WEIGHT ROOM ORIENTATION	Want to know how to use the cardio and weight machines? One of our personal trainers will guide you through the entire gym floor to teach you how to use the equipment, basic programming for cardio equipment, strength training, and technique.
ZUMBA	Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! 50 min.
TURBO KICK	<b>COMING SOON!</b>