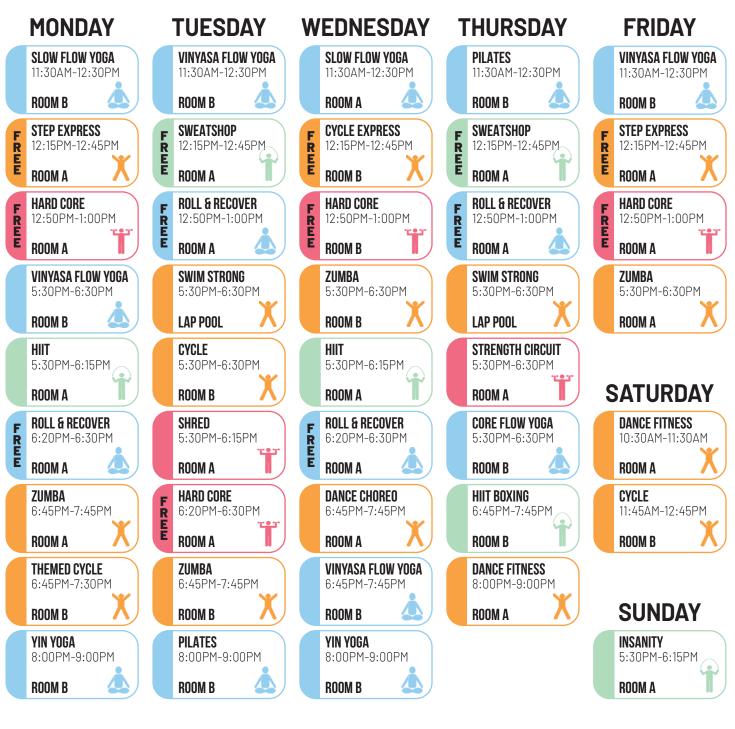
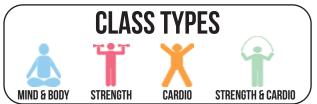
# **GROUP EXERCISE** AUGUST 25-DECEMBER 13







## GROUP EXERCISE FALL 2019 CLASS DESCRIPTIONS

## 🕺 CARDIO

### **CYCLE/CYCLE EXPRESS**

A high intensity, low impact stationary cycle class with cardio challenges by varying speed and resistance.

### **DANCE CHOREO**

This dance class will focus on breaking down and learning the choreography to a new song each week.

### DANCE FITNESS

A pre-choreographed dance class full of diverse music and genres. No dance experience required!

### **STEP EXPRESS**

This class uses adjustable steps and choreography to provide a great cardio workout.

### SWIM STRONG

A high intensity lap-swim class that offers a cardio endurance workout while providing guidance on swim technique and stroke performance.

**Please note:** Intended for moderate to advanced swimmers; **NOT** a learn to swim class. Goggles strongly recommended.

### THEMED CYCLE

A high-intensity cycle class with a new, themed playlist each week. Follow us on Instagram **@untfitness** for class themes.

**Please note:** This class will use **UNCENSORED** music, some of which could contain explicit lyrics.

### ZUMBA

This class features rhythms set to high-energy Latin and international beats to really get your energy levels soaring!

### STRENGTH & CARDIO

### HIIT

High intensity interval training focused on short, intense activity bursts followed by brief recovery periods.

### HITT BOXING

A mixed martial arts-inspired, total body workout using core conditioning combinations, bodyweight moves, and cardio spikes.

### INSANITY

A high energy workout packed with bodyweight strength moves, cardio drills, and plyometrics targeting your entire body.

### SWEATSHOP

A non-stop, powerhouse workout alternating between strength training exercises and high intensity cardio intervals.

### MIND & BODY

### YOGA

Classes combine poses and stretches to create a mind and body connection. Mats are provided but feel free to bring your own.

#### CORE FLOW YOGA

Intermediate guided flows at a moderate pace with moves focused on the core muscles.

#### **SLOW FLOW YOGA**

Beginner guided flows at a slower pace.

#### **VINYASA FLOW YOGA**

Intermediate guided flows at an accelerated pace.

#### **YIN YOGA**

Intermediate guided class where poses are held longer.

### PILATES

Mat-work based class focusing on core integration, body control, and proper alignment.

### **ROLL & RECOVER**

Foam rolling and stretching techniques that release muscle tension, lengthen fascia, and improve flexibility.

### STRENGTH

### SHRED

A strength training class combining various weight loads with simple movements to strengthen the entire body.

### HARD CORE

This class incorporates exercises targeting your glutes, abdominals, obliques, and back to help build a stronger core.

### **STRENGTH CIRCUIT**

An all strength, no cardio workout that uses timed intervals to strengthen all muscles with dumbbells, gliders, stability balls, and other equipment.

### **GROUP EX PASSES**

SEMESTER UNLIMITED PASS	\$25
SINGLE CLASS	\$5

Group Exercise passes are valid September 1 through December 7.