

Class Descriptions

Green: Great for Beginners

Blue: Beginner/Intermediate

Red: Intermediate/Advanced

This key is to help you judge the intensity at which the class is taught. Please keep in mind that ALL classes are for you and we can make them as individual as you need. All can be modified!

If you have any questions regarding the group fitness class offerings, please contact Nani Hilbert at 439-7983 or fitness@etsu.edu

STRENGTH and WEIGHT TRAINING

Mat Core/ABS: Tone, strengthen and tighten your core with a variety of abdominal and back exercises. Class may include some standing core work, as well as seated or mat work, and may also utilize medicine and stability balls and/or resistance bands and weights. The class is 30 minutes of pure challenge for your whole core area. This class contains NO cardio.

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Buti Yoga®: Sweat with Intention. Buti Yoga is a blend of power yoga, cardio intensive tribal dance, conditioning and deep abdominal toning. This all-in-one workout tones and sculpts the entire body while facilitating complete inner transformation. This dynamic yoga practice intuitively blends primal movements with cardio bursts and vibrations to tone the body. Music guides classes like an internal GPS. The beat blended movement forces you out of your head and INTO YOUR BODY.

Total Body Strength and Conditioning: This class focuses on exercises that use major muscle groups, compound movements, and high intensity movements that tap the energy sources inside the muscle. Boost your metabolism and burn calories for hours after your workout. Be ready to move non-stop!

Lower Body Blast: This toning class is designed to focus on those hard to train areas of the legs and posterior chain. Combining free weights, tubes, stability and medicine balls, this workout will make you feel the burn. There will be a heavy focus on squats and lunges.

Strong By Zumba®: This workout is divided into four sections or quadrants as they're called during the class. You will start with a warm-up (quadrant one, called Ignite), which was focused on prepping your body for the workout by raising your heart rate with moves like jumping jacks, as well as incorporating some mobility work with moves like leg swings and dynamic hip stretches. Quadrant two, known as Fire Up, will incorporate moves like punches and squats, with very little rest in between exercises. Quadrant three is called Push Your Limits, and is added to the previous exercises turning them into mini combinations (like side squats combined with punches). Even though there are active recovery times, you really never stop moving. Finally, quadrant four, Floorplay, will have you planking and crunching on mats to really work your core (as opposed to the total-body focus in the first three quadrants). SHEW! Be ready to sweat!

CARDIO EXERCISE

Cardio Sculpt: What better way to start off your week than with a total body workout? Anything goes in this class. You will see any combo of cardio, weight training, plyometrics, dance, kickboxing, interval training, core work, flexibility training, etc. Be ready to work!

Hydrofit: Hydrofit (water aerobics) is conducted in the swimming pool led by a certified instructor. The instructor guides the class through various aerobic movements in both the shallow and deep water. Sometimes the movements are performed with the use of resistive and buoyancy equipment. This type of exercise involves both the upper and lower extremities through optimal ranges of motion while minimizing joint stress. As a result, it's an ideal form of exercise for pregnant women, seniors, cross-training, overweight individuals and those recovering from an injury or surgery or suffering from arthritis and other chronic illnesses. No swimming ability required.

Tabata Time: This 30 minute class is 20 second intervals of high energy plyometrics, kickboxing, sports conditioning drills, calisthenics and/or weight training followed by 10 seconds of rest. Each block will be 4 minutes long. This class is fast-paced and intense and will bring out your inner athlete.

H.I.I.T/H.I.I.T. Express: High-intensity interval training (H.I.I.T), is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. H.I.I.T. Express is the same format, just condensed into 30 minutes!

Cycle: Indoor Cycling is designed to be a very intense cardiovascular workout. Get ready to sweat! Resistance (how hard it is to pedal) and cadence (how fast you are pedaling) are the two main ways that Cycling challenges its participants. Riders will climb hills, practice resistance drills, sprints and jumps, and any combination of these. A towel and water bottle are strongly recommended.

YOGA

Beginner/Restorative: This one hour, 15 minute, course is designed to be minimally to medially challenging and maximally refreshing, with a focus on breathing practices (pranayama), basic yoga postures, stretching and restorative poses. Postures will include basic sitting and standing poses for strength and flexibility. Restorative poses are mostly seated or lying poses that use "props" (provided) to assist in working deeply into connective tissues for improved alignment and flexibility. The class will end with a 5-10 minute rest period (savasana), allowing the body systems to return to their natural, and now more fluid and relaxed, state.

Beginner Express Flow: A 30 minute relaxing way to end your day. Simple poses and stretches will make a great addition to your fitness routine. This class will provide a quick way to lengthen and stretch sore muscles and ready your body for the coming night's rest.

Restorative Yoga: Restorative yoga utilizes gravity and props (like bolsters, blankets and blocks, which are all provided) and is done on the floor with minimal movement. The poses allow stretching in the connective tissues for deep relaxation and realignment of muscle tissue on the skeletal frame. Poses may be held for up to 15 minutes. This style is particularly good for anyone who has experienced any kind of trauma; anyone who is recovering from injury, surgery, loss, grief or addiction; or anyone with depression, panic/anxiety disorder and other challenging diagnoses. This style has some similarities to Yin yoga, but uses less effort — gravity does all the work once the body is in place.

Sunrise Morning Flow: Start the day beautifully with a fun flow that is appropriate for all levels. This class will give you energy to embrace the day ahead!

Gentle Flow/Flow Yoga: This class invites attendees to awaken the heart by awakening the body. The lessons on the mat are those which we may apply to daily life: cultivating mindfulness, the ability to re-center, find stability, and be guided from within. Both stamina and balance-building, the focus is on long holds that work to strengthen mind, body, and spirit, along with meditative practices.

Stand Up Paddle Board Yoga: This class involves performing yoga while standing on a paddle board in the CPA pool. The class combines hatha yoga and vinyasa yoga asanas, or poses, with core stability. **The class will be taught on the following Saturdays ONLY: 9/8, 10/27, 11/10, and 12/8.** **The class is very limited in space and requires registration at the Member Services Desk in the 7 days leading up to the class!**

Yoga 101: This class is for the "true" beginner (and those who may want to "slow it down" and learn a little more about what you're doing in yoga class). If you've always wanted to take a yoga class but you're shy, or you feel intimidated, or you just don't like the way you look in yoga pants ... this class is for you. The class offers the fundamentals of yoga, from yoga poses (asanas) and mudras (hand positions used in meditation) to mantras (basic chants), philosophies (do good deeds!) and breath work (pranayama). No yoga pants required -- wear comfortable clothing you can move in. Questions encouraged!

Hip Hop Yoga: Hip Hop Yoga is a FUN fast-paced Yoga class that blends a powerful Vinyasa style Yoga, core strengthening poses, energizing hip hop tunes, and ends with deep stretching and relaxation. While flowing from one pose to the next, you will tone and sculpt, build core strength, and shed major calories. Hip Hop Yoga will leave you feeling energized, yet relaxed, ending with a 15 minute stretch which focuses on opening the hips, stretching hamstrings, back and shoulders. It's the ultimate MIND & BODY experience. Can't dance? No worries! There's no dancing involved, unless

you want to! We will be flowing hard to the hip hop beat! Move your body and still your mind with this 75 minute yoga class.

Pilates: Pilates is a method of conditioning that strengthens and tones muscles of the entire body, improves posture, provides flexibility and balance, unites body and mind, and creates a streamlined shape. Pilates will improve your form in all areas of your fitness program and will leave you feeling refreshed and alert with a feeling of physical and mental well-being.

Creative Flow Yoga: If you are familiar with the yoga asanas / postures, join the practice and we'll take your familiarity to a new level. Students with prior experience in any style of yoga will quickly feel at ease in this class. Strength and flexibility will be addressed, plus a fun environment will guide you towards a deep exploration of the art and science of yoga.

Yin Yoga: This style of yoga is a slow-paced style with poses that are held for longer periods of time. Yin yoga poses apply moderate stress to the connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility.

Strong and Steady Flow: Join us to empower both your body and your mind with this accessible, all-levels power flow. We will practice what it means to feel empowered both on and off the mat by connecting our body to our breath and maybe even trying out a few “advanced” poses. Come ready to have fun, try something new, and be inspired.

Vinyasa Power Flow: This is an energetic, fast flowing class that will challenge your strength and stamina. Each week we will focus on finding awareness in our bodies through a variety of poses and breathing practices. Advanced yoga poses will be introduced and explored, but always optional. This is a safe and fun place to practice your arm balances and inversions or try them for the first time! We will explore all of this while enjoying fun music and embracing our sense of play.

DANCE

Zumba®: It is a total body workout that combines low-intensity and high-intensity moves synced to exhilarating and motivating, Latin and international rhythms. You can expect to enjoy Salsa, Reggaeton, Cumbia and Merengue as well as other exciting rhythms including African, Caribbean, Bollywood, Soca, Bachata, Samba, and even a touch of Electronic, Modern or Hip-Hop! Zumba combines all elements of fitness, cardio, muscle conditioning, balance, flexibility and boosted energy, in a super effective, super fun format. Zumba® is suitable for all levels of fitness, and no former dance experience is required! The only rules are to listen to your own body and modify movements as you need to. Most of all- HAVE FUN!

Ballroom Dance: This class will cover the basics of waltz, rumba, tango, foxtrot, and cha cha on a rotating schedule. No dance experience necessary. Bring a friend/partner with you (but not required to participate).

MARTIAL ARTS

Judo: Judo is best known for its throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques. Judo emphasizes safety and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety. Judo provides the means for learning self-confidence, physical coordination, power, and flexibility.

Japanese Swordsmanship: The contemporary Japanese art of drawing the long sword. Iaido is now used not only to teach sword techniques, but as a form of mental and physical discipline, emphasizing correct technique and form, meditation and character development.

Kung Fu: The Chinese martial art of Shaolin Kung-Fu is taught in this class. Students will learn traditional forms from the variety of styles within Shaolin such as Long-fist, Tiger, Eagle, Mantis, and more. Emphasis will be placed on good quality basics, joint locks, and self-defense.

Krav Maga: Krav Maga (pronounced “krahv mahGAH”) is an effective, modern, and dynamic self-defense and fighting system. It is designed to be practical and intuitive for people of any age or athletic ability. The techniques expand on your natural instincts to develop skills quickly and effectively, while enabling you to address attacks under any scenario. You will learn how to defend yourself, while gaining increased awareness and instinctive reflexes. Krav Maga (“contact combat” in Hebrew) was developed in the 1950s, combining the most effective techniques and philosophy from various martial arts and fight training. It was originally taught to the Israeli Army, and instruction for civilians began in the late 70s.