

# Intramural & Recreation Services

## Fall 2009 Group Exercise Class Descriptions

All classes are held in the Student Recreation & Wellness Center

20-20-20 – A premier total body workout, this class includes 20 minutes of cardiovascular conditioning in the form of step, kickboxing, or hi/low aerobics, 20 minutes of strength training using hand held weights, and 20 minutes of lower body toning (abdominals, buttocks, hips, thighs).

Boot Camp – Join the adventure!! Come workout with us in our indoor/outdoor setting. Using body weight, dumbbells, and pure athletic ability, come join us for an exhilarating morning workout to get your day started.

BOSU® - An acronym for "both sides up", the BOSU® Balance Trainer is a fitness apparatus with a flat platform on one side and an inflated dome-shaped ball on the other side. It can be used with the platform side either up or down for different types of exercises that incorporate balance training, core training, strength training, and cardio training. Great workout for both the upper body and lower body as well as the abdominal and lower back muscles.

CoreSpin - Corespin is a great introduction to those wanting to incorporate group cycling into their exercise regime and also get a great Core Training workout. 30 minutes of basic group cycling and 30 minutes of Core training on Floor Mats. What a Combination! What a Workout!

Group Cycling – This class consists of intense indoor cycling for 60 minutes utilizing a specially designed stationary bike and motivating music. This class will be lead by an instructor in a group setting to give you a great cardiovascular workout. Each participant may control his/her own level of exertion. Straps and clips provided on the bike. Moderate & High Intensity classes.

Gutts & Butts - A 30-minute class that consists of a highly concentrated abdominal & lower body workout. For all fitness levels.

Hip Hop Aerobics – This class is designed to give the advanced participant the ultimate step aerobics workout while learning the latest "hip hop" aerobic step moves. Come burn mega calories with this high intense workout with the latest mix sounds of hip hop and dance music. This class is non-stop from beginning to end with 10 minutes of abdominal work. Add a little "flavor" to your workout. Even the most uncoordinated person can learn our latest dance moves. (Beginner and Intermediate levels)

Kickboxing – Get a kick out of getting fit and burn up to 400 calories per hour! Kickboxing is aerobic exercise combined with boxing and traditional martial arts movements. Constant low-centered movements will strengthen & tone your muscles and a variety of kicks will develop killer legs while giving your heart a great cardio workout. Great for men And women!

Low n Lean – This beginner-intermediate class offers that mind & body connection that is needed to increase body awareness, motivate the participants to hang in there so that they can soon see how their

muscles, cardiovascular endurance, increased energy, and overall spirit will awaken and promote healthier lifestyle habits. This class uses full range of motion on all exercises, involves breathing techniques, Yoga style stretching movements, and challenges all participants to strength training exercises through the use of free-weights.

Low Impact/Body Sculpting – This power-packed class offers aerobic and anaerobic conditioning for maximum fat burning techniques with the use of free weights, hand weights or body bars. Get the best of both worlds with maximum body toning, strength training, and muscle defining techniques.

Pilates Mat Fundamentals – This class is a no stress workout that focuses on the core muscles- the abdomen, back, and buttocks. The traditional mat classes are great for core conditioning work and help participants achieve better posture, lean muscles, and increased flexibility.

PIYO®-™ is a unique blend of Pilates, Yoga, Dance Training and Sports Conditioning that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results.

Salsa Aerobics – An energetic, upbeat aerobics class, based on Salsa dance steps and taught to pulsing Latin rhythms.

Step Basics - Overall cardio conditioning with emphasis on toning and shaping the lower body by learning basic step combinations. Great for the beginners! Step Aerobics burns 30-60% more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks.

TurboJam - The new Jamming Kickboxing Class. This is the newest form of kickboxing and hiphop. Each workout with calorie-blasting kickboxing, body sculpting, and the hottest dance music

Yoga, Hatha Fitness - Involves all levels with a variety of postures. The main emphasis is on blending philosophies of physical and mental conditioning through stretching and relaxation. Yoga increases flexibility, while building strength and stamina through various poses and postures. Yoga also helps improve posture, rejuvenates energy level, relieves stress, and reduces fatigue and/or chronic pain. This class will be held in room 124 of the Student Recreation & Wellness Center.

Zumba® -combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their calories. It is based on the principle that a workout should be "FUN AND EASY TO DO. Zumba® is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. ..be prepared to sweat!

KSU Intramurals works with Corporate Fitness Solutions to staff all group fitness classes with certified instructors.