

# FALL 2009

## CLASS DESCRIPTIONS

### CARDIOVASCULAR CLASSES

**KICK-N-CORE:** An intense, but fun 75 minutes of half Kick Boxing and Half core workout. Guaranteed to give you the workout you've always wanted. **Level: INTERMEDIATE TO ADVANCE**

**KICKBOXING:** Prepare to sweat while you punch and kick your way through this powerful calorie burning class. Combine a variety of punches and kicks into a heart-pumping workout. Increase self- confidence, flexibility, coordination, speed, and stamina. Get lean and mean and reduce stress while having fun. **Level: INTERMEDIATE TO ADVANCE; Beginner welcome- just go at your own pace!**

**STEP-N-TONE:** A complete, moderate/ high intensity aerobic workout with step patterns, which are not too complex. Weights and resistance bands are incorporated to add resistance and tone muscles for a COMPLETE total body workout. Burn calories and fat, and strengthen your heart... Step into it! **Level: ALL**



**SPIN-IT:** Have you got your ticket to ride? This class will give you a new "spin" on getting a great cardio workout. This indoor cycling class brings the authentic elements of outdoor biking, inside. In an hour you'll get an intense cardio as well as toning workout, all to the great music you love! **Level: ALL Class size is limited.**

**BULL RUN:** You never know what you will get with a BULLRUN class, but one thing is certain your body will thank you! BULLRUN is a class that mainly takes place outdoors, with the USF Campus as the classroom! It may include campus jogs, sports conditioning, abdominal training and more. Bottled water is recommended. **Level: INTERMEDIATE TO ADVANCE**

### DANCE CLASSES

**CARDIO-FUNK:** Back by popular demand! This Hip hop club style dance class will give you the workout and time of your life! **Level: ALL**

**ZUMBA:** ZUMBA is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It targets areas such as gluts, legs, arms, abdominals and the most important muscle in the body, the heart. It is

a mixture of body sculpting movements with easy to follow dance steps. **Level: ALL**



### MUSCULAR STRENGTH CLASSES

**BODY SCULPT:** Body Sculpt is a full body toning class. You'll use resistance training to shape and tone the various muscle groups of the body. Have fun while working out with a variety of different devices such as free weights and BOSU balls! **Level: ALL**

**PLYOMETRICS AGILITY TRAINING:** High-paced agility and cardio training class! Lose weight, build cardio, and improve your agility in this class. Water bottle and towel required! **Level: INTERMEDIATE TO ADVANCE**

**BOOT CAMP:** This circuit style class leads you through a series of strength as well as cardio exercises. You never know what you're doing next at Boot Camp! Just make sure you come ready to sweat! **Level: ALL**

**AB ATTACK 30:** You wanted it, not you got it, all abs for 30minutes. Working your core was never this fun or intense. **Level: ALL**

**CARDIO-N- CORE:** Two great workouts in one hour! Intense Cardio mixed in with a strong core workout. You'll love it! **Level: ALL LEVELS**

## MIND AND BODY

**PILATES:** Prepare to work your CORE (ABS and BACK). Based on the teachings of Joseph Pilates, this class is designed to use the body's "powerhouse". This class strengthens and tones your abdominal muscles, lower back, arms, and legs while improving flexibility.

**Level: ALL**

**MORNING MEDITATION:** Start the day the right way! This meditation is used to gain inner strength and balance. Get up and feel the energy! **Level: ALL**

**BALL PILATES:** Taking traditional Pilates moves and moving them to next level, on the ball, is what this work is all about. Challenge yourself while having fun incorporation the physio-ball as well as mini ball in your workout. **Level: INTERMEDIATE TO ADVANCE, BEGINNERS WELCOME JUST WORK AT YOUR OWN LEVEL.**

**YOGA:** This class brings the ancient tradition of Yoga to the classroom. It includes breath work (pranayama), postures (asanas), and meditation (dhyana). The class is appropriate for all levels. It is a total body workout which exercises the muscles, the skeleton, and the spirit. **Level: ALL**

**VINYASA YOGA:** Vinyasa Yoga" connects movement and breath. The "asanas" (yoga postures) can be arranged into different sequences that can meet the group's need or

mood. Vinyasa yoga allows room for differences from instructor to instructor, unlike other forms, which have set sequences of movement. **Level: ALL**

**AMRIT YOGA:** This form of yoga is described as "meditation in motion," and integrates joyful inner stillness with effortless outer action in the world. The practice of this type of yoga empowers you to enter the experience of unity, and helps you to live in harmony and alignment. **Level: ALL**

**TAI CHI:** Increase your chi (life energy) with this class! An ancient form of Chinese martial arts, Tai Chi integrates meditation with a constant flow of energy and movement. It involves such elements such as mental concentration, slow breathing and dance-like movements to develop energy within yourself! **Level: ALL**

**POWER YOGA/LITE POWER YOGA:** This class creates a lean strong body and is based on Ashtanga Yoga. A set sequence of asanas (postures) utilizing ujjayi pranayama (breath), drishti (gaze), and bandhas (locks). This is an invigorating and heat-producing practice that detoxifies the system, realigns the body and energizes the spirit. Each posture is connected with flowing movements between postures (vinyasas), adding seated forward bends, twists, and basic backbends. Be prepared to sweat, work hard, and challenge yourself. **Level: INTER/ADVANCED**

**FINESS FUSION:** A total blend of all different dance styles fused with slight yoga and Pilates movements. Exercise your body and mind through a blend of movements targeted at the total you! **Level: ALL**

**YOGALATES:** This class incorporates both Pilates and Yoga and includes dynamic movements and stretches as well as mindful awareness of breath and body. Emphasis is on strength, flexibility, stability, focus, relaxation and overall wellness. **Level: ALL**

## POOL CLASSES

**XTREME H2O:** A 45-minute cardio workout starting in the deep water and taking it to shallow water. It's great cross-training for everyone, including those with injuries or minor disabilities. This class provides an Intimate group setting with personal attention! **Level: ALL**

## BEGINNER CLASSES:

**BEGINNER TAEKWONDO:** Taekwondo is said to be the art in Martial Arts. This class is designed to give you the basics in developing the physical and mental discipline that you can use to become more focused and successful in your everyday routine! **Level: BEGINNER**

**BEGINNER PILATES:** This class gives you the basic movement principles that a Pilates beginner will want to become familiar with. By the time you finish with this class, you will have a great sense of what Pilates is all about, and a good idea of the strength that

these exercises can give you! **Level:**  
**BEGINNER**

**BEGINNER KICKBOXING:** Prepare to get to know a variety of punches and kicks that you will use to gain a great cardiovascular workout! Increase self- confidence, flexibility, coordination, speed, and stamina as you progress with these exercises! **Level:**  
**BEGINNER**

**BEGINNER HATHA YOGA:** This class combines kundalini breathing (*pranayama*) with stretches and bodywork (*asana*) to release tension and to re-learn relaxation, thereby reducing pain and stress. The goal is to restore balance and inner peace. The class will finish with *Yoga Nidra* (yoga sleep) where you are in a state similar to the twilight when you just begin to fall asleep: consciously aware yet completely relaxed!  
**Level: BEGINNER**