SPRING 2017
CLASS DESCRIPTIONS
SCHEDULE RUNS FROM APRIL 3–JUNE 16, 2017

ASSOCIATED STUDENTS, INC.

CARDIO FOCUS

All fitness levels are welcome! For these classes, wear comfortable attire that allows for a full range of movement.

BODYCOMBAT™
A fiercely energetic, cardiovascular workout using movements inspired by various martial arts disciplines including Karate, Taekwondo, Tai Chi, and Muay Thai. Burn calories while you punch, strike, kick, and kata for superior cardio fitness!

BREAKAWAY (INDOOR CYCLING)
Hop on one of our indoor cycles for this high-energy cardiovascular workout. Our instructor will guide you through a series of simulated sprints, hills, and resistance routines as you pedal away stress while strengthening and toning muscles.

BARRE CONNECT™
This class teaches dance technique, Pilates conditioning, and yoga balance in a series of choreographed movements to leave you feeling lengthened, toned, and energized.

BODYPUMP™
Shape, tone, and strengthen your entire body! This class teaches use of barbells to challenge all major muscle groups with squats, presses, lifts, and curls.

CARDIO HIP HOP
Boost your heart rate and burn calories to a beat with this cardiovascular workout that teaches hip hop movements and routines set to hip hop and club music.

ZUMBA®
A total body workout featuring exotic rhythms set to high-energy Latin and international beats. Zumba is a dance party that combines four elements of fitness: cardiovascular exercise, muscle conditioning, balance and flexibility. Wear comfortable clothing and close-toed shoes.

MIND BODY

All fitness levels are welcome! For these classes wear comfortable attire that allow for a full range of movement.

BARRE CONNECT™
This class teaches dance technique, Pilates conditioning, and yoga balance in a series of choreographed movements to leave you feeling lengthened, toned, and energized. Wear comfortable clothing and remove shoes and socks prior to class.

FUSION PILATES
This high intensity mat-based Pilates class uses different fitness props with dynamic movement routines to strengthen, tone, create balance, and foster endurance. Wear comfortable clothing and close-toed shoes. Arrive early for equipment set-up.

6 PACK ABS
A quick and effective way to target your abs. Focus on strengthening and toning your midsection, while promoting a healthy back and core. Wear stretch/yoga pants and a comfortable top.

POWER YOGA
A vigorous workout that develops balance, strength, and flexibility by connecting traditional yoga poses through Vinyasa, or riding breath, that creates non-stop flow from one pose to another.

RESTORATIVE YOGA
Refresh and renew with this class that teaches four to six relaxing, floor-based poses with modifications to help the body release stress and anxiety.

VINYASA YOGA
This flow-style class connects movement and breath to create a strong, healthy, and limber body while cultivating a peaceful mindset that is focused in the moment.

CROSS TRAINING

All fitness levels are welcome! For these classes, wear comfortable attire that allows for a full range of movement.

H.I.I.T
High Intensity Interval Training (HIIT) combines weightlifting, gymnastic and cardiovascular movements to address 10 areas of fitness: cardiovascular endurance, stamina, strength, flexibility, agility, power, speed, coordination, balance, and accuracy. Wear comfortable clothing and close-toed shoes. Arrive early for equipment set-up.

MULTI HEIGHT INTERVAL SYSTEM
This program combines body-resistance with additional equipment, such as jump ropes and medicine balls, to experience a comprehensive full-body workout. Wear comfortable workout pants or shorts and shirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

ADDITIONAL CLASS OFFERINGS

Fitness classes offer a welcoming environment to expand your mental and physical horizons. These wide varieties of motivational classes have educational foundations in fitness and wellness. Classes are designed for all levels and abilities and incorporate a progressive framework to build on skills throughout the quarter. The below fitness classes require registration and a fee. Try fitness classes for free during the first week of the quarter (space is limited). For more information, visit the Cal Poly Recreation Center Front Desk, call 805-756-1566, or view the classes and schedules on the ASI website.

ACROYOGA
Practice traditional yoga poses with a partner as you lift, stretch, and strengthen both your body and your personal connections with others. From the Greek akrò “high” and Sanskrit yoga “union,” this class seeks to elevate and expand your mental and physical horizons. Wear comfortable pants or shorts and a shirt that allow for a full range of movement. Please remove socks and shoes prior to class.

Cost: $44/Quarter

Belly Dancing
Traditional Arabic belly dance taught in a fun and supportive environment. You will experience a great workout, develop body awareness, and isolate muscles you didn’t know you had through warm-ups, technique work and combinations. Wear stretch/yoga pants and a comfortable top. Please remove socks and shoes prior to class.

Cost: $22/Quarter

Krav Maga
This simple, reality-based self-defense class emphasizes instinctive movements, practical techniques, and training scenarios to build confidence, cardiovascular endurance, muscular strength, and core strength. Hand wraps are required and can be purchased at the Pro Shop. Wear comfortable workout pants or shorts and skirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

Cost: $44/Quarter

Muay Thai Kickboxing
This traditional form of Thai kickboxing teaches hand and foot techniques, striking, and defensive skills while providing an intense cardiovascular and abdominal workout. Muay Thai is both a physical and mental discipline, using martial arts movements to train effective fighters. Hand wraps are required and can be purchased at the Pro Shop. Wear comfortable workout pants or shorts and skirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

Cost: $44/Quarter

Private Group Class
Any of the classes offered at the Recreation Center may be scheduled as a private class, exclusively for your group. Private group classes are taught by a trained instructor, may be held at the Recreation Center or off-site, and may be one-time or on-going.

Cost: $80/Class

Shin-Ryu Karate
Develop power, speed, and self-confidence as you practice traditional self-defense, fighting, and stretching movements using real-life situations in a formal and disciplined environment. Wear comfortable workout pants or shorts and shirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center. G’s are recommended, but are not required.

Cost: $44/Quarter

TRX (Total Resistance Exercise)
In this Total Resistance exercise (TRX) circuit-training system, you’ll leverage gravity and your own body-resistance with additional equipment, such as jump ropes and medicine balls, to experience a comprehensive full-body workout. Wear comfortable workout pants or shorts and shirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

Cost: $44/Quarter