

SUMMER 2017 CLASS DESCRIPTIONS

SCHEDULE RUNS FROM JUNE 19 – SEPTEMBER 7, 2017

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.

Cycling shorts and cycling shoes are recommended, but not required; please do not wear cycling shoes outside of studio. A water bottle is recommended.

Arrive early to adjust your cycle.

Reservations required. Prior to class, reserve your space online, call 756-5890, or visit the Pro Shop for a class pass.

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 cardio movements to address 10 areas of fitness: cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance, and accuracy.

Wear comfortable clothing and close-toed shoes.

Reservations required. Prior to class reserve your space online, call 756-5890 or go to the Pro Shop for a class pass.

Arrive early for equipment set-up.

STEP N' SCULPT

This class uses high-energy step routines with simple choreography. The first half of class focuses on cardiovascular conditioning, while the second half focuses on muscle conditioning (hips, glutes, thighs, and abdominals).

Wear comfortable clothing and close-toed shoes.

STRENGTH & TONE

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

BARRE CONNECT™

This class teaches dance technique, Pilates conditioning, and yoga balance in a series of choreographed movement 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 movements to strengthen, tone, create balance, and foster endurance.

Wear comfortable clothing and close-toed shoes. Arrive early for equipment set-up.

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.

Wear comfortable clothing and close-toed shoes.

Reservations required. Prior to class, reserve your space online, call 756-5890, or visit the Pro Shop for a class pass.

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.

ADDITIONAL CLASS OFFERINGS

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

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

TRX

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.

Cost: \$44/Quarter

MIND BODY

Wear comfortable pants or shorts and a shirt that allow for a full range of movement. Please remove socks and shoes prior to class. Some fitness mats are available, but you are encouraged to bring your own Yoga/Pilates mat. Arrive early to set up your station.

GENTLE YOGA

This beginning-level class takes a quiet, meditative approach to yoga ideally suited for those who prefer a slower paced practice.

HATHA YOGA

This class teaches awareness of breath combined with flowing movement and postures to create a feeling of balance, power, and strength.

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 meditations 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.

POLY BODY + BEING

Offerings with indicator icon support the ASI Recreational Sports wellness program, Poly Body+Being. A healthy lifestyle starts with you; Poly Body+Being is here to help you reach your wellness goals. Our fitness and wellness offerings are designed to support healthy bodies and minds. Each quarter we bring world-class experts in nutrition, diet, and exercise to the Cal Poly Recreation Center for interactive classes and workshops that all members of the Cal Poly community can experience. For additional Poly Body+Being offerings, visit ASI Access and embark on your journey to becoming your best self.