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)**
Hopsonon 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.

**BODY + BEING**

**BODY + BEING**

**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.

**PLOJAM®**
Maximize your caloric burn with this dance format workout set to the hottest new music. This class uses Plyometric-inspired movements, or jump training, weaved throughout dance-style fitness routines for an exciting and intense workout.

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.

**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.

**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.

**GENTLE YOGA**
This beginning-level class takes a quiet, meditative approach to yoga designed specifically for those who prefer a slower paced practice.

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

**HUMAN BEING TRAINING YOGA**
Enjoy this yoga-based, music-infused adventure as you pose, stretch, move, and think in a way that helps to lead you down a path of self-discovery.

**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.

**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.

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.

**MIND BODY**

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**YIN/YANG YOGA**
This challenging 75-minute class weaves traditional yoga postures (Yin) with powerful, high-energy moves (Yang).

**MIND BODY**

**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.

**SHORIN 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 shoes that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

Cost: $45/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 shoes that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center.

Cost: $45/Quarter

**HUMAN BEING TRAINING YOGA**
This is an advanced swim class geared towards triathlons. To enroll, participants must be able to swim three of the four competitive strokes (free, back, breast, and butterfly). Participants can choose to attend any or all of the listed workouts.

Please arrive to the class in swim attire, with goggles and a swim cap for long hair (both available at the Pro Shop). Feel free to bring your own swim equipment, such as a kickboard and pull buoy, but these are also available at no extra fee on the pool deck.

Cost: $60/Quarter

**GENTLE YOGA**
This beginning-level class takes a quiet, meditative approach to yoga designed specifically for those who prefer a slower paced practice.

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

**HUMAN BEING TRAINING YOGA**
Enjoy this yoga-based, music-infused adventure as you pose, stretch, move, and think in a way that helps to lead you down a path of self-discovery.

**POLY BODY + BEING**

**SCHEDULE RUNS SEPTEMBER 11 – DECEMBER 8, 2017**

**ASSOCIATED STUDENTS, INC.**

**FALL 2017**

**CLASS DESCRIPTIONS**

**CARDIO FOCUS**

**STRENGTH & TONE**

**MIND BODY**

**ADDITIONAL CLASS OFFERINGS**

**CARDIO FOCUS**

**STRENGTH & TONE**

**MIND BODY**

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