

# WINTER 2018 CLASS DESCRIPTIONS

SCHEDULE RUNS JANUARY 8 - MARCH 23, 2018

## 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.

## STRENGTH & TONE

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.*

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

### FREESTYLE BARRE

This class uses the barre and the conditioning of a dance class with a wide variety of movement to promote strength, muscle toning and flexibility.

### 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.

## 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.

### 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.



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.

### PLYOJAM®

Maximize your calorie 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.*

### 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.

### HIP HOP

Learn new moves and choreography from talented instructors while having fun dancing to Hip Hop Hits and Club Bangers!

### 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.*

Arrive early for equipment set-up.

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

### 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.

### 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.

### 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.

### PILATES

This class teaches concentrated movements to improve strength, alignment, coordination, and muscular symmetry, focusing on building abdominal and lower back strength.

## 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.*

### H.I.I.T. PILATES

Pilates delivered in a High Intensity Interval Training (HIIT) style. You get the intensity of a HIIT class with the benefits of Pilates.

## 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 805-756-1366, 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 akro "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: \$45/Quarter

### CAPOEIRA

This is a martial art emphasizing fast kicks, subtle takedowns, flips, aerial attacks, and acrobatic movements. Evasive maneuvers create a continuous, improvised dialogue of attacks and escapes enhanced by musical instruments.

Cost: \$45/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 shirt 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

### MASTERS SWIMMING

This is an advanced swim class geared towards improving one's current skills and for those who want to prepare for swim competitions and triathlons. To enroll, participants must be able to swim three out 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 kick board and pull buoy, but these are also available at no extra fee on the pool deck.*

Cost: \$60/Quarter

### MUAY THAI

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 shirt 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

### 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

### 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 shirt that allow for a full range of movement; shoes are not required, but please wear shoes while walking through the Recreation Center. Gi's are recommended, but are not required.*

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 shirt 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