This beginning-level class takes a quiet, meditative approach to yoga. It is a yoga class that will cover all the elements of how to practice yoga well, safely, and sustainably. We will cover the alignments of standing poses and create a meditative environment that will leave you feeling calm, refreshed, and more confident in your practice.

**GENTLE YOGA**

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

**HATHA YOGA**

This class focuses on the alignment of standing poses and breath, which creates a meditative experience.

**POWER YOGA**

A vigorous workout that develops balance, strength, and flexibility by connecting traditional yoga poses. This class is designed for those who prefer a slower paced practice.

**RESTORATIVE YOGA**

Refresh and renew with this class that focuses on breath, which creates a meditative experience.

**VINYASA YOGA**

This flow-style class connects movement and breath, which creates a meditative experience.

**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. Check for class fees for 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. Cost: $45/Quarter

**BEACH BOOTCAMP**

Train like an athlete with innovative, cutting-edge workouts that focus on speed and agility through high-intensity, polylymic drills. Experience next-level performance training using kettlebells, sandbags, sleds, tires, and more to elevate your fitness regimen and improve strength and endurance.

Cost: $25/Quarter

**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.

Cost: $45/Quarter

**MUAY THAI**

This traditional 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 teach 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 ongoing.

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. Gis are recommended, but 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