SUMMER 2018
CLASS DESCRIPTIONS
SCHEDULE RUNS JUNE 18 – SEPTEMBER 15, 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.

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.

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.

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.

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.

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!

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 closed-toed shoes. Arrive early for equipment set-up.

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.

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.

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: $25/Session

Cost: $45/Quarter

Cost: $80/Class

Cost: $25/Session

Cost: $45/Quarter