

FALL 2018 CLASS DESCRIPTIONS

SCHEDULE RUNS SEPTEMBER 18 - DECEMBER 14, 2018

CARDIO FOCUS

All fitness levels are welcome! For these classes, wear comfortable attire that allows for a full

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. Arrive early for equipment setup.

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.

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.

FUSION PILATES

This high intensity mat-based Pilates class uses different fitness props with dynamic movements to strengthen, tone, create balance, and foster endurance.

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 FLOW

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 FLOW

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!

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.

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.

MOVE WELL

Learn full-body corrective exercises and helpful tips for injury prevention in this interactive, progressive class. Dr. Kirsten Leal will guide participants through various movements and exercises that promote injury prevention during workouts, playing sports, and engaging in everyday activities. Improve movement efficiency, strength, and stability through science-based exercises while keeping your body injury free.

Ⓢ 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 FLOW

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.

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

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.

SCULPT YOGA

Sculpt and tone your entire body through a combination of vigorous Vinyasa Flow yoga and interval-based cardio workouts. Utilize weights and props while practicing full-body movements to improve overall strength, stamina, and flexibility.

ADDITIONAL CLASS OFFERINGS

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. 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.

Cost: \$50/Quarter

BEACH BOOTCAMP

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

Wear comfortable clothing and closed-toe shoes.

Cost: \$50/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: \$50/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.

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.

Cost: \$50/Quarter

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.

Cost: \$50/Quarter

TAI CHI

Tai Chi is an ancient form of internal martial arts designed to develop strength, coordination, and balance of the body and mind. This class will teach Chen style, one of the oldest styles of Tai Chi which is slightly more martial in its application. Learn Chen-style form as you develop fundamental martial arts skills to build confidence and strength in all aspects of your life.

Cost: \$50/Quarter

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: \$50/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

WORKSHOPS

Cost: \$10/Class

BELLY DANCING

Swing, sway, slink, and stomp to melodies and rhythms from the Arab world. This workshop will teach traditional Arabic dance in the genre commonly known as belly dance. Through warm-ups, technique work, and combinations, you will experience a great workout, develop body awareness, and hone your dance skills in a fun and supportive environment. All experience levels are welcome.

KRAV MAGA

SELF DEFENSE WORKSHOP

This interactive workshop is designed to teach reality-based self-defense in the shortest training time. Based upon simple principals, instruction emphasizes instinctive movements, practical techniques, and training scenarios to build confidence and strength. Be ready to work!

MINDFUL MEDITATION

Learn simple breathing and visualization techniques in this introduction to Kriya yoga meditation. Experience the benefits of meditation including enhanced creativity, mental clarity, improved sleep and energy, stress management, and overall physical health and well-being. This workshop will include physical exercises to aid relaxation and written techniques to start and sustain a successful meditative practice.

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.