CLASS DESCRIPTIONS

SCHEDULE RUNS SEPTEMBER 18 – DECEMBER 14, 2018

FALL 2018

CLASS DESCRIPTIONS

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. Pilates

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

ARCOYOGA

Practice traditional yoga poses with a partner as a fun 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

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 Chun style, one of the oldest styles of Tai Chi which is slightly more martial in its application. Learn Chun-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: $50/Class

WORKSHOPS

Cost: $10/Class

BELLY DANCING

Swing, sway, click, 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, technical 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 principles, instruction emphasizes instinctive movements, practical techniques, and training scenarios to build confidence and strength. Be ready to work!

MINDFUL MEDITATION

This workshop includes physical exercises to aid relaxation and written techniques to start and sustain a successful meditative practice.

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 year. 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

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

CARDBOARD

This class uses the barre and the conditioning equipment, such as jump ropes and medicine balls, to combine dance and conditioning, and yoga balance in a series of choreographed movement to leave you feeling lengthened, toned, and energized.

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.

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.

RESTORE FLOW

This class is designed to teach traditional Tai Chi which is slightly more martial in its application. For beginners and experienced practitioners.

RESTORATIVE YOGA

Refresh and renew with this class that teaches how to honed your breathe and practice restorative yoga.

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.

GENTLE FLOW

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

HAHA 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.

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