

WINTER 2019 CLASS DESCRIPTIONS

SCHEDULE RUNS FROM JANUARY 7-MARCH 22, 2019

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.

HIP HOP

Boost your heart rate and burn calories to a beat with this cardiovascular workout that teaches hip-hop movements and routines set to hip-hop

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.

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.

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.

HIP-HOP + HEELS

Feel confident and empowered as you strut like Beyoncé while performing hip-hop, pop, and dancehall-style choreography in heels. All experience levels are welcome. Heels are encouraged but not required.

Thicker and shorter heels are recommended for beginners. Heel protectors are required to prevent scuffing. Long pants or knee pads are recommended.

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.

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.

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.

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.

FUSION PILATES

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

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, 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. 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.

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

CAPOEIRA

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

Cost: \$50/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.

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, workout.

WORKSHOPS

Cost: Free! Register online or in person

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

This interactive workshop is designed to teach reality-based self-defense in the shortest training time. Based upon simple principals, instruction

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.

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).

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

emphasizes instinctive movements, practical techniques, and training scenarios to build confidence and strength. Be ready to work! Wear comfortable workout pants or shorts and shirt that allow for a full range of movement.

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.