**WINTER 2019**

**CLASS DESCRIPTIONS**

**SCHEDULE RUNS FROM JANUARY 7 – MARCH 22, 2019**

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**CARDIO FOCUS**

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

**BODYPUMP™**

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 as you beat with this cardiovascular workout that teaches hip-hop movements and routines set to hip-hop music.

**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; however, 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 flowing, breath, that creates non-stop flow from one pose to another.

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**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**

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.

**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. By 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, 805-756-3566, or view the classes and schedules on the 40+ classes page.

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**WORKSHOPS**

Cost: Fee/Registration 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 instruction, and sound compositions, 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.

**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 simple exercises to aide relaxation and written techniques to start and sustain a beneficial meditative practice.

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**MINDFUL MEDITATION**

Cost: $50/Quarter

**SHRIN RYU KARATE**

Cost: $50/Quarter

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**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: $50/Class