SUMMER 2019
CLASS DESCRIPTIONS
SCHEDULE RUNS JUNE 17 – SEPTEMBER 13, 2019

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

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.

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.

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, woven throughout dance-style fitness routines for an exciting and intense workout.

STRENGTH & TONE
All fitness levels are welcome! For these classes wear comfortable attire that allows 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.

FUSION PILATES
This high intensity mat-based Pilates class uses different fitness props with dynamic movements to strengthen, tone, create balance, and foster endurance. Wear comfortable clothing and close-toed shoes. Arrive early for equipment set-up.

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.

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.

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.

CIRCUIT TRAINING
Strengthen your back, core, arms, and legs with circuit training led by Dr. Kirsten Leal. Keep your body healthy and fit while learning proper lifting mechanics and the importance of posture in this high-intensity, strength-building class.

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 skillsets 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. Cost: $80/Class

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

Find ASI on the Cal Poly Now app!