

# FALL 2019 CLASS DESCRIPTIONS

SCHEDULE RUNS SEPTEMBER 16 - DECEMBER 13

Class reservations can be made online at [asi.calpoly.edu/reservations](http://asi.calpoly.edu/reservations) or by calling 805-756-5890. Standby for full classes at The Pro Shop desk — spots usually become available. Can't make it to class after all? Remember to cancel your reservation to open a spot for another participant.

## CARDIO FOCUS

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

### BODY COMBAT

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

Learn new moves and choreography from talented instructors while having fun dancing to Hip Hop Hits and Club Bangers!

## 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.*

## YOGA

*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 riding breath, that creates non-stop flow from one pose to another.

## CROSS TRAINING

### 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.*

### 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 and sneakers are okay. 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.

### 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.

### 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.

### 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.

### 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 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.*

### 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*

### 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, 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*

### 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: \$125/Class, Non Member \$150/Class*

### 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*

### 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.

## WORKSHOPS

*Register in person and online. Those without Cal Poly Portal access, visit the Memberships Services desk or email [cprecenter-memberships@calpoly.edu](mailto:cprecenter-memberships@calpoly.edu) for alternative registration procedures.*

### 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.

*Fee: Free*

### CREATING YOUR SPACE

Boundaries are key when sharing spaces. Learn to set boundaries and discover solutions to tackle space-sharing challenges. Free giveaways will be provided to help you create your own private space.

*Fee: Free*

### KRAV MAGA

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!

*Wear comfortable workout pants or shorts and shirt that allow for a full range of movement.*

*Fee: Free*

### 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.

*Fee: Free*

### PERIOD PARTY

Explore the latest menstruation products designed to save money while maximizing health and sustainability. Health educators will be on hand to answer all of your questions and share information on products including cups, reusable pads, panties, boxers, applicators, and more. Drop in anytime during the session.

*Fee: Free*

### STAND UP PADDLE BOARD YOGA

This class is designed to introduce participants to yoga on top of a stand-up paddleboard. Participants must be able to swim, unsupported by flotation devices. Paddleboard and leash will be provided. Please arrive in swimming attire with towel; towels available for purchase at The Pro Shop.

*Fee: \$10, register at [access.asi.calpoly.edu](http://access.asi.calpoly.edu)*