

# Group Fitness Class Descriptions

## Ab Lab

Bring your energy for this class that will provide a comprehensive core work-out in a powerful style. Work toward the six-pack abs that you desire with no textbook required!

## AquaFit

Dive in for a workout that incorporates cardiovascular and strength training with minimal impact. Water dumbbells are utilized and all fitness levels are welcome!

## Boot Camp

Front & Center! High energy, intense cardio training guaranteed to boost your energy and metabolism to new heights. Easy to follow step moves, plyometrics, BOSU, jump rope, running drills, ab work and push ups. Drop and give it your all!

## Boot Camp Box

Punch, kick and jump your way into shape with this high energy class! This class features sport conditioning moves combined with kickboxing that will cultivate endurance, agility and strength all in one class.

## Butts and Guts

A concentrated toning workout that focuses on core strength and lower body development for greater definition and improved performance. This short and effective toning session is designed as a compliment to a previous workout.

## Cardio Variety

A fusion of class formats will have you experiencing circuits of STEP, kickboxing, sculpting and cardio at its best! You will be sweating to new exercises that challenge your upper, lower, and core muscle groups.

## Cycling

Get your pedal on! A fusion of outdoor riding techniques transferred to the Indoor Schwinn Cycle for a unique, user-friendly ride. Reach your individual fitness goal with this high-intensity, low-impact workout! All levels ride together. **\*Power cycling** includes an extra 30 minutes of pedal power!

## Kickboxing

Try a high impact, total body cardiovascular workout designed after Martial Arts and traditional boxing. This session incorporates both lower and upper body exercises ensuring to raise your heart rate!

## Pilates

In this class, you will participate in exercises and movements designed to elongate and strengthen muscles while eliminating tension and strain from the body. Balance, joint stability, proper breathing and improved posture are all achieved through movements with purpose.

## Step & Tone

This class offers a high energy, non-stop moving step routine, using basic step moves and choreography, combined with strength training for the last twenty minutes.

## TurboKick

The ultimate cardiovascular challenge that includes a sport specific warm-up, bouts of intense intervals, kickboxing, specific strength/endurance training and a tai-chi formatted cool down.

## YogaFit

Enjoy the journey to increased flexibility, strength and balance with this Hatha style class that promotes a mix of relaxation with challenging poses.

## Yoga Ride

Focusing on the Yin and Yang of fitness, this cycling/yoga class will focus on high intensity cycling (45 minutes) with focused stretching and yoga relaxation (45 minutes).

## Zumba

Zumba Fitness is like no other workout you will ever experience! Zumba Fitness (Spanish slang for "to move fast and have fun" is inspired by traditional cumbia, salsa, samba, and merengue music. It has become one of the fastest-growing, dance-based fitness crazes in the country with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.



**TRAIN**



**KICK**



**PEDAL**



**STEP**



**SPLASH**



**ZEN**

Central Michigan University

**URec**  
UNIVERSITY RECREATION

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