Class Descriptions

Green: Great for Beginners
Blue: Beginner/Intermediate
Red: Intermediate/Advanced

This key is to help you judge the intensity at which the class is taught. Please keep in mind that ALL classes are for you and we can make them as individual as you need. All can be modified!

If you have any questions regarding the group fitness class offerings, please contact Nani Hilbert at 439-7983 or fitness@etsu.edu

STRENGTH TRAINING and MUSCLE BUILDING/DEFINING

Abs: Tone, strengthen and tighten your core with a variety of abdominal and back exercises. Class may include some standing core work, as well as seated or mat work, and may also utilize medicine and stability balls and/or resistance bands and weights. The class is 30 minutes of pure challenge for your whole core area. This class contains NO cardio.

20/20/20: Maximize your workout with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core work and flexibility work, for an efficient and total body workout. All levels welcome.

Flex-N-Pump: This 50-55 minute barbell based workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, lifts, presses and curls. This type of weight training focuses on high repetition movements with lower weight loads.
**Kettlebell AMPD:** This class takes heart-pumping music and your favorite kettlebell (5-15 pounds) moves and combines them into 60 minutes of calorie-torching fun! This workout focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine.

**CARDIO EXERCISE**

**Lo Impact:** Low impact but high intensity! This class includes movements involving large muscle groups in which at least one foot contacts the floor at all times. This type of exercise is ideal for populations such as seniors, pregnant women, first-time exercisers, exercisers that may have orthopedic issues or carry excessive body weight. It is an excellent way to begin/supplement an exercise program. The class may include floor exercises, light weight training, basic interval training and step moves.

**Happy Hour:** What better way to start off your weekend than with Happy Hour? Anything goes in this class. You will see any combo of cardio, weight training, plyometrics, step, kickboxing, interval training, core work, flexibility training, etc. Be ready to work!

**Tabata:** 20 second intervals of high energy plyometrics, kickboxing, sports conditioning drills, calisthenics and weight training followed by 10 seconds of rest. Each block will be 4 minutes long. This class is fast-paced and intense and will bring out your inner athlete.

**Boot Camp Express:** A popular 30 minute class that mixes calisthenics and body weight exercises with cardio and strength training taught often with "fitness games." The workout moves quickly, taking you from one exercise to the next with little or no rest. Many of these moves are intermediate to advanced, so modifications will be shown whenever necessary to stay safe and avoid injury. This class may meet outdoors, weather permitting.
**H.I.I.T:** High-intensity interval training (H.I.I.T), is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Cycle:** Indoor Cycling is designed to be a very intense cardiovascular workout. Get ready to sweat! Resistance (how hard it is to pedal) and cadence (how fast you are pedaling) are the two main ways that Cycling challenges its participants. Riders will climb hills, practice resistance drills, sprints and jumps, and any combination of these. The drills will closely match the beat of the music, making Cycling class a motivational (and fun!) experience. A towel and water bottle are strongly recommended.

**YOGA**

**Beginner/Restorative:** This one hour, 15 minute, course is designed to be minimally to mediately challenging and maximally refreshing, with a focus on breathing practices (pranayama), basic yoga postures, stretching and restorative poses. Postures will include basic sitting and standing poses for strength and flexibility. Restorative poses are mostly seated or lying poses that use "props" (provided) to assist in working deeply into connective tissues for improved alignment and flexibility. The class will end with a 5-10 minute rest period (savasana), allowing the body systems to return to their natural, and now more fluid and relaxed, state.

**Beginner Meditation:** Meditation is a broad term that encompasses a variety of practices, techniques, and motivations. In general, however, meditation is a method through which one can “settle into” a more peaceful and clearer state of mind, thereby alleviating many of the stressful and harmful mental states we encounter on a regular basis. The class will cover basic postures, mental exercises, and background information on meditation styles.

**Pilates/Intermediate Pilates:** Pilates is a method of conditioning that strengthens and tones muscles of the entire body, improves posture, provides flexibility and balance, unites body and mind, and creates a streamlined shape. Pilates will improve your form in all areas of your fitness program and will
leave you feeling refreshed and alert with a feeling of physical and mental well-being. **Intermediate Pilates** will build on what is learned in Pilates exploring more challenging movements and poses

**Warrior Yoga:** Enjoy an invigorating yoga practice designed to build strength, increase flexibility and quiet the mind. Beginning with gentle stretches to warm up the body, this practice focuses on developing total body strength and flexibility, leaving you feeling strong and energized. This class will use using traditional and non-traditional music to expand your practice. No prior yoga experience required; however, beginners must be willing to modify poses to avoid injury.

**Creative Flow Yoga:** If you are familiar with the yoga asanas / postures, join the practice and we’ll take your familiarity to a new level. Students with prior experience in any style of yoga will quickly feel at ease in this class. Strength and flexibility will be addressed, plus a fun environment will guide you towards a deep exploration of the art and science of yoga

**Yin Yoga:** This style of yoga is a slow-paced style with poses or that are held for longer periods of time. Yin yoga poses apply moderate stress to the connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility.

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**DANCE**

**Zumba:** It is a total body workout that combines low-intensity and high-intensity moves synced to exhilarating and motivating, Latin and international rhythms. You can expect to enjoy Salsa, Reggaeton, Cumbia and Merengue as well as other exciting rhythms including African, Caribbean, Bollywood, Soca, Bachata, Samba, and even a touch of Electronic, Modern or Hip-Hop! Zumba combines all elements of fitness, cardio, muscle conditioning, balance, flexibility and boosted energy, in a super effective, super fun format. Zumba® is suitable for all levels of fitness, and no former dance experience is required!
**Zumba Toning/Burst:** This is a unique and fun Zumba class that incorporates strength training and high intensity intervals. The class will alternate between Zumba Toning, which adds dynamic resistance to cardio exercise with the addition of light weight dumbbells to increase the focus on muscle conditioning, definition and strength and Zumba Burst, which alternates high intensity intervals of invigorating fitness exercises with alternating periods of active recovery to increase cardiovascular endurance and increase caloric burn. Zumba Toning/Burst is a safe, effective, unique and fun way to get an invigorating, total body workout, and it is suitable for all fitness levels. Beginners can utilize modifications and challenge themselves when ready, while intermediate and advanced participants can mix up their workout routine and challenge themselves to reach new levels. No former dance, strength or interval training experience is required! The

**Ballroom Dance:** This class will cover the basics of waltz, rumba, tango, foxtrot, and cha cha on a rotating schedule. No dance experience necessary.

**Buti Yoga:** The signature movements fuse yoga, tribal dance and plyometrics. All moves are put together in a fast paced routine that will leave you sweaty and empowered. Derived from the Marathi word *Buti* means “the cure to something hidden or kept secret”.

MARTIAL ARTS

Judo: Judo is best known for its throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques. Judo emphasizes safety and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety. Judo provides the means for learning self-confidence, physical coordination, power, and flexibility.

Japanese Swordsmanship: The contemporary Japanese art of drawing the long sword. Iaido is now used not only to teach sword techniques, but as a form of mental and physical discipline, emphasizing correct technique and form, meditation and character development.