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 Weber at 439-7983 or fitness@etsu.edu

**STRENGTH and TONING**

*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.

*Guts, Butts and Thighs:* This toning class is designed to focus on those hard to train areas. Combining free weights, tubes, stability and medicine balls, this workout will make you feel the burn. There will be a heavy focus on squats and lunges.

*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.
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 Time:** This 30 minute class is 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.

**Total Body Blast:** This class focuses on exercises that use major muscle groups, compound movements, and high intensity movements that tap the energy sources inside the muscle. Boost your metabolism and burn calories for hours after your workout. Be ready to move non-stop!

**Tabata2:** If you liked the class on Wednesday, come back for a little more intensity on Thursday. This 30 minute class is 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.
**Boot Camp**: A popular 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 medially 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.

**Flow/Yin Yoga**: Start the day beautifully with a fun flow that is appropriate for all levels. This class will give you energy to embrace the day ahead!
Flow Yoga: This class invites attendees to awaken the heart by awakening the body. The lessons on the mat are those which we may apply to daily life: cultivating mindfulness, the ability to re-center, find stability, and be guided from within. Both stamina and balance-building, the focus is on long holds that work to strengthen mind, body, and spirit, along with meditative practices.

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

Weekend 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.

**Powerful Flow Yoga:** This is an energetic, flowing class that will challenge your strength and stamina. Each week we will focus on finding awareness in our bodies through a variety of poses and breathing practices. Advanced yoga poses will be introduced and explored, but always optional. This is a safe and fun place to practice your arm balances and inversions or try them for the first time! We will explore all of this while enjoying fun music and embracing our sense of play.

**DANCE and MARTIAL ARTS**

**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! **Thursday’s** Zumba class is more focused on Hip Hop while the **Monday, Tuesday and Sunday** classes are more traditionally Latin. The only rules are to listen to your own body and modify movements as you need to. Most of all-HAVE FUN!

**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.

**Modern Dance:** Modern dance originated in the late 19th and early 20th centuries in resistance to ballet: dancers wanted no more pointe shoes, no more tutus and no more hair up in buns. Free and expressive, modern dance encompasses everything from shadow dance to total improvisation and interpretation. We will learn some elementary dance technique at the beginning of each class; get warmed up with some locomotor, or traveling movements; and be dancing by the end of class with dance combinations. Throughout the semester, we will cover a variety of forms, from lyrical to “pop” and the in-between. Wear clothes you can move in, both on the floor and in the air, and leave shoes outside the studio in the cubbies by the door. We will dance in bare feet.

**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”.

**Ballet:** Ballet offers postural alignment exercises which help to promote good posture and create awareness of good alignment as well as develop the core muscles of you back and abdomen. Movements are designed to tone and firm muscles without developing bulk, and work to create more strength, stamina, and flexibility. This class is geared for those who have had some
dance experience and are prepared for a good ballet “work-out”. Ballet flats are recommended but not required.

**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.

**Iaido:** 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.

**Karate:** This class will be aimed at promoting a general well-being through the use of Okinawan karate. Those who join this class can expect to receive a hearty workout, as well as education on what actually constitutes self-defense. Using karate as the base, this class will also explore into Japanese and Okinawan culture, and dissect karate forms to see how they relate to protecting oneself.

**Kung Fu:** The Chinese martial art of Shaolin Kung-Fu is taught in this class. Students will learn traditional forms from the variety of styles within Shaolin such as Long-fist, Tiger, Eagle, Mantis, and more. Emphasis will be placed on good quality basics, joint locks, and self-defense and as such the class size is restricted to 10 students.