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/Mat Core Work: 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 various types 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.

Buti Yoga®/HotCore®: The Buti Yoga® portion of this class is a HIIT-style format that uses Spiral Structure Technique® movements during high intensity segments to sculpt and tone the entire body while moving seamlessly into low intensity static yoga asanas to stretch the opposing muscle group enhancing recovery speed and preventing injury. In Buti Yoga® workouts, the focus is on building long, lean muscle tone while kicking the body into a heightened metabolic state.

The HotCore® portion of the class will allow participants to enhance core strength and push the limits of their yoga practice. SOCKS REQUIRED as students practice in socks (thigh high would be preferable) to facilitate fluid
“drag” or friction creating resistance. The majority of movements in HotCore® build deep core strength best accessed through an exaggerated tucking of the pelvis and intentional rounding of the spine. In between sets, students move to restorative yoga asanas to stretch and lengthen.

**Kettlebell AMPD:** This class takes heart-pumping music and your favorite kettlebell (5-15 pounds) moves and combines them into 30 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.

**Hydrofit:** Hydrofit (water aerobics) is conducted in the swimming pool led by a certified instructor. The instructor guides the class through various aerobic movements in both the shallow and deep water. Sometimes the movements are performed with the use of resistive and buoyancy equipment. This type of exercise involves both the upper and lower extremities through optimal ranges of motion while minimizing joint stress. As a result, it’s an ideal form of exercise for pregnant women, seniors, cross-training, overweight individuals and those recovering from an injury or surgery or suffering from arthritis and other chronic illnesses. No swimming ability required.

**Cardio Sculpt:** This class will have it all! Anything goes in this class. You will see any combo of cardio, weight training, plyometrics, step, kickboxing, interval training, core work, flexibility training, etc. You may even shake it with a few dance moves! Be ready to work!
**Tabata Time:** This 30 minute class is 20 second intervals of high energy plyometrics, kickboxing, sports conditioning drills, calisthenics and/or 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.

**Piloxing®:** Piloxing is a fitness program that blends the best of Pilates, boxing and dance into a high-energy interval workout to burn maximum calories and increase stamina.

**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.

**Express Cycle:** The class is the same description as Cycle, but condensed into a 45 minute time frame. There will be a 5 minute warm up, 30 minutes of cycle time, with a 5-10 minute cool down/stretch. The ride portion will see few breaks and is designed to be intense!
**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.

**Beginners Express Gentle Flow:** A 30 minute version of our Beginner/Restorative class offered on Monday evenings.

**Energetic 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.

**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. This class will meet in the Martial Arts studio to make use of the natural light.

**Black Light Yoga: (The First Friday of the Month)** This yoga class is different than any class you’ve taken before. If you like the health benefits and movements of yoga but get a little tired of “yoga music” playing on loop, this
class is for you. The funky playlist and the black lights give the class a fun, anything-goes vibe. Students are encouraged to wear white or neon to enhance the black light effect and use glow in the dark body paint. Glow jewelry will be provided! There will be emphasis on breath and focus, and the class ends with the traditional total relaxation pose, but this class is decidedly less zen and more wild than your run-of-the-mill vinyasa flow class.

**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.

**Weekend Flow Yoga:** Enjoy an invigorating Saturday 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 core strength, 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.

**Power Yoga:** This is an energetic, fast 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**

**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® is suitable for all levels of fitness, and no former dance experience is required! The only rules are to listen to your own body and modify movements as you need to. Most of all- HAVE FUN!

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

**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.

**Hip Hop Dance:** Hip hop dance is a fun exciting to weight to burn off calories (& stress). This low impact, but high intensity cardio engages the entire body and helps you build muscle tone while dancing to your all favorite songs. Come join the part
**MARTIAL ARTS**

**Capoeira:** is a Brazilian martial art with its roots originating in Angola and the Congo, that combines elements of dance, acrobatics and music, and is usually referred to as a game. It was developed in Brazil mainly by West Africans, beginning in the 16th century. It is known for quick and complex moves, using mainly power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques.

**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.

**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.