

# GROUP FITNESS

## 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](mailto:fitness@etsu.edu)**

### **STRENGTH and WEIGHT TRAINING**

***Mat Core/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.

***Buti Yoga®:*** Buti Yoga® 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. This class can also have elements of a HotCore® class. This 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.

***Total Body Strength and Conditioning:*** Focusing on lower weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning in this barbell/dumbbell/kettlebell class. This class may include elements of HIIT and Tabata training, but will include no choreographed moves/dances.

### **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.

**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.

**Tone 30!:** A popular class that mixes calisthenics and body weight exercises with cardio and strength training compressed into 30 minutes! The workout moves quickly, taking you from one exercise to the next with little or no rest, many involving obstacles. Many of these moves are intermediate to advanced, so modifications will be shown whenever necessary to stay safe and avoid injury.

**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/Endurance 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. (**Endurance Cycle is a ride focused on heart pounding endurance work (hills/higher resistance/slower cadences) and less speed work**). 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.

***Restorative Yoga:*** Restorative yoga utilizes gravity and props (like bolsters, blankets and blocks, which are all provided) and is done on the floor with minimal movement. The poses allow stretching in the connective tissues for deep relaxation and realignment of muscle tissue on the skeletal frame. Poses may be held for up to 15 minutes. This style is particularly good for anyone who has experienced any kind of trauma; anyone who is recovering from injury, surgery, loss, grief or addiction; or anyone with depression, panic/anxiety disorder and other challenging diagnoses. This style has some similarities to Yin yoga, but uses less effort — gravity does all the work once the body is in place.

***Beginner Express Flow:*** A 30 minute relaxing way to end your day. Simple poses and stretches will make a great addition to your fitness routine. This class will provide a quick way to lengthen and stretch sore muscles and ready your body for the coming night's rest.

***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.

***Rest & Restore:*** Indulge in our new Rest and Restore class! Treat yourself to 30 uninterrupted minutes of savasana, also known as corpse pose! Take time for yourself to enjoy low lights, soft music and individual, private meditation. This class can be taken as an addition to the beginner express flow yoga class that occurs right before, or stand alone, as a time to devote to calming your mind and body. Take this time as an opportunity to escape from your hectic and frenzied life, to quiet your mind and connect to your body.

***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.

***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 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.

***Empowered Flow:*** Join us to empower both your body and your mind with this accessible, all-levels power flow. We will practice what it means to feel empowered both on and off the mat by connecting our body to our breath and maybe even trying out a few “advanced” poses. Come ready to have fun, try something new, and be inspired.

***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!

## **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!

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

## **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.

**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.