

Group Fitness Class Descriptions

Fall 2009

Classes are suited for individuals of all fitness levels!

Class Name	Class Description
Yoga	Learn to connect breath and movement during this time of relaxation which will boost your strength, improve your flexibility, and enhance your balance ability.
Pilates	Condition your core muscles while improving posture, flexibility, and total body strength. This mind-body class is a great way to relax and rejuvenate!
Body Sculpt	This innovative class combines free weights and body bar training to target all major muscle groups and build optimum strength.
Total Conditioning	Learn new total body strengthening exercises to add to your workout routine! These functional exercises will strengthen your core and also improve your balance.
Namaste Cycle	This class combines cycle and yoga for the optimal balance of cardio, strengthening, and stretching. Participants will first meet in Studio 8 for 30 minutes of cycle, followed by 30 minutes of yoga in Studio 11.
Power Interval	Alternate between low, moderate, and high intensity strength, cardio, and power exercises. This class also incorporates agility drills and circuit training for the ultimate workout!
Cycling	Go for a spin! Enjoy cycling to many mixes of music while improving your cardiovascular endurance.
Happy Hour	This fun and creative class is sure to start your week off right! Instructors will choose a different class format to teach weekly. Be sure to stop by the fitness desk to find out which class will be offered week to week.
Kickboxing	Get ready for combinations of punches, kicks, blocks, and athletic drills to build your power and cardiovascular endurance!
Pedal & Pump	This hybrid class combines 30 minutes of cycling and 30 minutes of strength training for an invigorating workout session!
Aqua Fit	Test your muscular and cardiovascular endurance in the water! Discover new ways to train during this fresh and fun low-impact workout session.
Killer Core	Core training is far beyond abdominal strengthening! Learn how to effectively train the abdominal and back muscles by incorporating exercises for balance, stability, and strength.
Cardio Hip Hop	Dance the night away in this upbeat, choreographed dance class! No experience required!
Cardio Craze	Join in on the fun in this upbeat, choreographed, creative class! Classes will vary weekly, from hi-lo aerobics, to step, to dance, to BOSU... the sky is the limit!
Step	Step aerobics is a class you won't want to miss out on! Enjoy choreographed routines to great music while using a step for an added challenge.
Zumba!	Learn easy and fun Latin dance moves to great music. Let the dance party begin!
Cycle Box	If you like cycling and kickboxing, you will love this new class! Participants will first meet in Studio 8 to cycle for the 30 minutes, and then will transfer to Studio 11 for kickboxing.

*Visit our website for current schedules, class adjustments, and updates
@ <http://recsports.utk.edu>

