

## Free Fitness Week Class descriptions

### June 10 - 14, 2019

**Aqua Fitness** (HIP): A full-body workout in the pool while utilizing the low-impact properties of water. No swimming experience necessary, just comfortable being in the water.

**Barre Sculpt** (Rec): Works all muscle groups in 50 minutes. Using barre-inspired exercises, you will strengthen and lengthen your muscles, increase your flexibility, and improve your balance. *Please bring a yoga mat to class.*

**Beginning Indoor Cycling** (HIP): A cardio workout geared towards those new to indoor cycling, also called "Spinning." Get instruction on how to set up the bike to prevent strain to the knees and other parts of the body. Each class includes a warm-up, at least 35 minutes of cycling and a cool-down.

**Cross Training** (HIP): Features a variety of activities, including cardio-interval training, muscle conditioning and stretching.

**F45 Cardio** (Rec): A combination of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training in a team environment. Interval, cardiovascular and strength training have been proven to be an effective method for burning fat and building lean muscle. All in 45 minutes! The Stanford F45 format schedule will always follow the world schedule pattern: Monday/Wednesday/Friday – cardio based training; Tuesday/Thursday – resistance-based training.

**Gentle Yoga** (HIP): Class is designed to gradually introduce alignment, yoga postures as well as relaxation techniques, and serves as a transition to regular yoga classes.

**Healthy Back Strong Abs** (HIP): Focus on developing and maintaining a strong midsection and a healthy back. Class combines stretches and focused strengthening exercises to build balanced, flexible and strong muscles and joints.

**Indoor Cycling** (Rec): Indoor cycling welcomes all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals, and flat roads for a fantastic cardio workout. Fun, upbeat music keeps you motivated!

**Mat Pilates** (HIP & Rec): This mat-based workout is designed to help participants develop long, lean muscles, gain core strength and stability, and increase mind-body awareness. Various props may be utilized.

**Power Yoga** (Rec): This is a powerful, energetic form of yoga where students move fluidly from one posture to the next while connecting their breath to their movements. It incorporates strength, flexibility, balance, and both physical and mental stamina. The class is open to all levels offering modifications and the opportunity to try on inversions.

**Total Body Workout** (Rec): Challenge your body with a combination of cardio and strength movement patterns, high-intensity intervals and Tabata training. Perfect for anyone trying to improve their fitness and health. Beginners can work at their own levels and intermediate and advanced students will be pushed to their limit by this full-body workout.

**TRX Bootcamp** (Rec): TRX Suspension Training is a workout utilizing a system of suspended straps with handles, allowing the user to leverage their body weight as they train for a challenging, effective workout. This interval-based class will keep the heart rate elevated while transitioning between cardio and strength intervals to develop strength, balance, flexibility, endurance, and core stability with this full-body workout.

**Yoga/Pilates Fusion** (HIP): This class blends the elegant precision of Pilates with the dynamic flow of yoga. Develop core strength, tone muscles to make you stronger and longer, and improve balance and flexibility.

**Zumba** (HIP): Zumba fuses Latin rhythms and easy to follow moves. The cardio routines feature fast and slow rhythms.

**305 Fitness Cardio Dance** (Rec): 305 Fitness is an addictive dance cardio party set to a DJ mix of pop and hip-hop music. Forget the fancy footwork — the focus is on high-energy, fun, full-body moves, so you can get your heart rate up and release endorphins. A ten-minute strength-training segment will leave you feeling empowered. This workout invites everyone to express themselves, free of judgment!