

Cornell Fitness Centers Group Fitness - Class Descriptions



Spring 2017

Cardio/Strength Combo

Body Blast

Experience non-stop body sculpting and heart-pumping action with cardio, strength, and core exercises! This class combines circuits, intervals, and sustained movement patterns that will build your stamina and overall strength. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 26*

Cardio Dance & Sculpt:

A cardio and strength hybrid workout that packs a punch. This cross training format alternates between high intensity cardio training to boost the heart rate and low impact strength training to tone and shape all the muscles in the body. You'll be sweating and smiling as you rock out and tone up to an eclectic mix of upbeat jams. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Power H.I.I.T.:

Push, pull, squat, lunge your way into better shape using functional equipment including plyo box jumps, TRX Suspension Trainers, Slam Balls, sand bags and more. This class will challenge your body, no matter your level of fitness; helping to improve explosive strength and power along with improved ability to perform activities of daily living. This class will be held on the new Escape Fitness equipment located in the Appel Commons Friedman Fitness Center. *Late entry will only be permitted within 10 minutes of the class start time. Capacity: 10*

ShockWave:

ShockWave is extreme cross-training at its best! This circuit challenge utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target the legs, the core and the arms. You will find yourself working harder than you ever imagined because of the camaraderie, friendly team competition, and motivation designed to push you to your maximum potential! Come see why the media has dubbed it "The most efficient total-body workout in the world." *Late entry will only be permitted within 10 minutes of the class start time. Capacity: 24*

What to expect:

- * When you arrive at class, sign your name (and your name only) on the white board to reserve your spot in class.
- * 5 minutes prior to class, the class instructor will swipe your Student ID for entry.
- * If you arrive after class has already started, wait for the instructor to swipe your ID card before joining the class.

TRX® Circuit

Experience one of the fastest growing tools in the fitness industry! This class utilizes the TRX® Suspension Trainer along with intervals of traditional strength training and cardiovascular drills arranged in a circuit style format. The TRX® suspension trainer is suitable for all levels of fitness, and assists participants in developing overall strength and stamina. The first 15 minutes will be dedicated to set up and demonstration, followed by a 45 minute workout. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 24*

For information on the TRX Suspension Trainer, please visit: www.trxtraining.com/

TRX® Express

This 45 minute class utilizes the TRX® Suspension Trainer to develop strength and endurance in an efficient way; utilizing intervals to keep you moving at a quick pace. Standard exercise positions require a baseline level of strength and the ability to move up and down from the floor. Exercises performed can require balancing on a single leg, or being on your hands, as well as dynamic movement while in these positions. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 12*

TRX® Super Sculpt

Utilizing the TRX® Suspension Trainer; you will learn to feel and use gravity on your body in combination with other modes of training to develop agility, strength and mobility. Dynamic intervals both on and off the TRX Suspension Trainer offer the ultimate in total-body fitness! Standard exercise positions require a baseline level of strength and the ability to move up and down from the floor. Exercises performed can require balancing on a single leg, or being on your hands, as well as dynamic movement while in these positions. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 20.*

For information on the TRX Suspension Trainer, please visit: www.trxtraining.com/

TRX® Strength

Utilizing the TRX Suspension Trainer; you will learn to feel and use gravity on your body in combination with other modes of training to develop agility, strength and mobility. Standard exercise positions require a baseline level of strength and the ability to move up and down from the floor. Exercises performed can require balancing on a single leg, or being on your hands, as well as dynamic movement while in these positions. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 12*

For information on the TRX Suspension Trainer, please visit: www.trxtraining.com/

Floor Cardio

Cardio Dance:

Ready to spice up your workout? Cardio Dance will have you groovin' to a broad range of musical genres ranging from top 40 favs to old school hip-hop, 80s dance hits, Latin beats, and more! Tracks include both high and low intensity intervals to provide non-stop cardio training for maximum calorie burning from start to finish. Choreography is fun, energetic, and easy to follow. Whether you're an experienced dancer or one who rarely sets foot on the dance floor, this class is for you! Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 40*

UrbanKick® & H.I.I.T.

UrbanKick® takes a sports conditioning approach and expertly blends authentic kickboxing with H.I.I.T. training to create a workout that incorporates steady state cardiovascular training, metabolic HIIT training and functional body-weight strength training. UrbanKick challenges your body in all planes of motion so you constantly develop strength, agility, flexibility and balance. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location: Noyes Multipurpose Room and Helen Newman Hall Dance Studio: 35, Appel 3rd Floor MPR: 40, Bartels Hall –Ramin Room: 50.*

ZUMBA®

ZUMBA® combines Latin rhythms and international dance moves to create an upbeat, calorie blasting experience! With a fusion of Latin, Bellydance, Raggaeton, Hip-Hop, and other forms of dance, routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Spend 45 - 60 minutes dancing your worries away! Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Appel 3rd Floor MPR: 40, Noyes Multipurpose Room: 35, Helen Newman Hall Dance Studio: 40*

Strength

Barre/Barre Express

Develop the length and tone of a dancer in this upbeat, fast-paced class. No dance experience necessary! Burn calories and build strength through a series of exercises inspired by Pilates, Yoga, dance technique, and traditional weight training. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Noyes Multipurpose Room 14-18; Helen Newman Hall Dance Studio: 20.*

Muscle Pump

Put a little muscle into your workout and join us for a class designed to build muscle endurance with low to medium weights and high repetitions. A variety of equipment and strength training techniques will be used in this class. There is no cardio portion in these sessions. Footwear that is appropriate for movement is required for this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Pilates - Mat

Pilates is a conditioning program designed to increase body awareness, improve alignment and breathing. You will build endurance, flexibility, coordination, and strength through a highly focused flow of movements. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Teagle Multipurpose Room: 44; Helen Newman Hall Dance Studio: 30.*

Pilates – Props

Pilates with props incorporates with the use of large and small balls to enhance the flow of movements used in traditional mat Pilates. The use of the small and large balls will vary each class, and will be blended with traditional Pilates mat work. This class will further enhance body awareness; strengthening core and surrounding muscles, increasing flexibility, coordination and endurance through mindful movement sequences tied to the breath. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 26*

Spinning®

Spinning®

A 45 minute indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! The time added to each class is for set-up and clean-up of bikes before and after each class. Participants are encouraged to bring a personal towel for this class as CFC cannot guarantee that towels will be available. The use of personal water bottles is highly recommended. *Late entry to Spinning® classes is not permitted.*

SPIN®, Spinner®, Spinning®, and the Spinning logo® are registered trademarks owned by Mad Dogg Athletics, Inc., and used under license. *Capacity: 30*

Spinning® Express

If you are short on time or newer to exercising, this is a great option to get your cardiovascular training in an efficient way! Spinning® Express is an indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! Participants are encouraged to bring a personal towel for this class as CFC cannot guarantee that towels will be available. The use of personal water bottles is highly recommended. *Late entry to Spinning® classes is not permitted.*

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Spinning® Power Hour

A full 60 minute indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! The time added to each class is for set-up and clean-up of bikes before and after each class. Participants are encouraged to bring a personal towel for this class as CFC cannot guarantee that towels will be available. The use of personal water bottles is highly recommended. *Late entry into Spinning® classes is not permitted.*

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Tai Chi

T'ai Chi

T'ai chi ch'uan comes to us from generations of Chinese practitioners, who developed and fine-tuned this defensive martial art and passed it down through the centuries from dynamic masters to dedicated students. Through careful attention to detail, the slow-motion t'ai chi form will promote proper alignment, balance, natural strength, relaxed mental focus, fluid coordination, and flexibility. Correctly executed, the interconnected movements unite the action of the body with the rhythm of the breath. With long term study, tai'chi provides a mirror-like opportunity for deep self-awareness and ongoing health benefits for overall well-being. Regular classes are open to everyone. Classes at HNH concentrate on practice of the entire Yang Long Form as taught by Yang Cheng-Fu. Various alignment, balance, and stretching warm-ups and basic qigong help establish a firm root and a foundation for harmonious energy flow. Students receive personalized instruction during classes as time permits. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Water

Aqua ZUMBA®

"Known as the ZUMBA® "pool party," Aqua ZUMBA® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua ZUMBA® class. Integrating the ZUMBA® formula and philosophy with traditional aqua fitness disciplines, Aqua ZUMBA® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief." (Copyright © 2012 Zumba Fitness, LLC) *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Hydro Training

Need to exercise but hate to sweat? Water workouts are fun and invigorating! Even in the shallow water, part of your body weight is suspended, leaving you able to work hard without the hard impact. The water is gentle on your joints and allows for a full range of motion. So, you get your cardio, strength, and stretching all in one refreshing class. You don't need to be a swimmer to enjoy this class. Some classes will take place in the deep end of the pool. Everyone has the option of staying in the shallow end. The pool at Helen Newman Hall is a comfortable 83 degrees and is fully accessible by chair lift *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Yoga

Yoga – Alignment Based Vinyasa

Blend the dynamic flow of yoga poses by mindfully linking postures using the breath with the integration of biomechanical principles of alignment. This class offers a well-rounded asana (posture) practice with a heart-centered focus. Class is open to all levels. Options are offered for beginners and more advanced practitioners. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on location: Helen Newman Hall Classroom: 30, Teagle Multipurpose Room: 50, Noyes Multipurpose Room: 38*

Yoga – Ashtanga

Ashtanga Yoga is a flowing & specific sequence of postures, which are linked through movement and breath. The sequence builds strength, flexibility and endurance to the body, and stillness to the mind. This high energy flow is challenging, yet suitable for practitioners of all levels, advanced and beginner alike. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Teagle Multipurpose Room: 50; Helen Newman Classroom: 30, Noyes Multipurpose Room: 38.*

Yoga – Hatha Flow

This yoga class blends the faster flowing sequences of the Vinyasa style, with attention to individual poses, alignment, and mindfulness, to create an invigorating blend that builds both strength and heat in the body as well as calmness and stillness in the mind. Great for any experience level, this class helps each individual challenge themselves in the areas of balance, strength, flexibility, and focus. Students will have the opportunity to deepen their practice of individual postures and will feel empowered to engage in the graceful flow of movement and breath. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location: Helen Newman Hall Classroom: 30, Teagle Hall Multipurpose Room: 50, Noyes Multipurpose Room: 38*

Yoga – Iyengar

Iyengar yoga teaches us to listen deeply to our inner self and attunes our awareness. Participants are guided through rigorous and restorative postures to achieve balance and health in the body and internal state. Precise alignment, clarity of action, increased flexibility and strength is the foundation of each class. Standing & seated poses, forward bends, backbends, twists, and shoulder stands will be taught according to one's individual capacity. Each posture develops physical strength, focus, concentration and our capacity for deep relaxation. All levels are welcome and adaptations are offered for specific challenges. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location: Helen Newman Hall Classroom: 30, Teagle Multipurpose Room: 50, Noyes Multipurpose Room: 38*

Yoga – Kripalu

Kripalu Yoga is a nice fit whether you are a beginner looking for a challenge, or an experienced yogi looking to explore that next edge. You will be encouraged to modify your postures (to make them more or less difficult) as a way of taking care of yourself on your exploration of your own edge of intensity as a path to openness. You will create your own appropriate level of challenge in the postures, gaining the most from your practice, without hurting the body or stressing the mind. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Noyes Multipurpose Room: 38, Teagle Multipurpose Room: 50, Helen Newman Classroom: 30*

Yoga - Prenatal

If you are pregnant, or hoping to be pregnant at some point in the future, then this is the class for you. Come help alleviate discomforts of pregnancy, while gaining strength and flexibility in a safe and dynamic way. With gentle stretching, conscious use of breath, deep relaxation, and mindfulness techniques, women can enhance the quality of their pregnancy, prepare for an empowered birth process, and learn useful skills for life. No prior experience of yoga is necessary. Others not in the birth continuum are also heartily welcome to join this class. *Late entry will only be permitted within 20 minutes of the class start time. Capacity: 30*

Yoga – Rockin’ Flow

A dynamic, powerful, music filled class awaits you! Based on Vinyasa Flow, the arc of class follows the beats of the music, encouraging students to truly let go into the moment, providing space for deeper exploration of their yoga practice. Class always ends with a deep, relaxing Savasana, allowing students to soak it all in. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location: Helen Newman Hall Classroom: 30, Teagle Hall Multipurpose Room: 50, Noyes Multipurpose Room: 38*

Yoga – Slow Flow

Come slow down and get into the flow in this Slow Flow Yoga class! From the Vinyasa (flowing) approach, this class focuses on slowing down and savoring the breath in each posture. Attention to alignment, staying in the poses for a longer time, and a flowing Vinyasa between poses is the foundation of an emphasis on cultivating mindfulness and strength. Students of all levels are encouraged to attend and to challenge themselves at their own pace. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Noyes: 38; Teagle Multipurpose Room: 50; Helen Newman Classroom: 30.*

Yoga - Vinyasa

This Vinyasa Yoga class focuses on using the breath as a guide to flow from one posture to the next resulting in cardiovascular development and the cultivation of equanimity, flexibility, and strength. This vibrant class creates a balance between learning several postures in more detail, and moving fluidly from one pose to another. Although familiarity with yoga is helpful to participate in this moderate level class, students of all levels are encouraged to attend and to challenge themselves at their own pace. *Late entry will only be permitted within 20 minutes of the class start time. Capacity depends on the location. Teagle Multipurpose Room: 50; Noyes: 38; Helen Newman Hall Classroom: 30.*