**Cardio/Strength Combo**

**Get H.I.I.T.**

This High Intensity Interval Training (H.I.I.T.) experience will take you through multiple functional, plyometric and compound exercises performed at a very high intensity in an interval circuit format. Prepare to push yourself to beyond what you thought you were capable of; you are stronger than you believe. Footwear that is appropriate for movement is required for this class. **Capacity: 16**

**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. **Capacity: 24**

For information on the TRX Suspension Trainer, please visit: [www.trxtraining.com/](http://www.trxtraining.com/)

**Floor Cardio**

**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. **Capacity depends on the location. Appel 3rd Floor MPR: 40, Noyes Multipurpose Room: 35, Helen Newman Hall Dance Studio: 40**

**Cardio Combo**

These classes are designed to train the cardiovascular system, decrease stress, and improve body composition. The instructors will employ the use of a variety of teaching formats such as Step, cardio dance, kickboxing and more. Each class includes a warm up, a cardiovascular segment and a cool-down. Shoes that are appropriate for movement are required for this class. **Capacity: 30**
**Strength**

**Barre**

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.  

*Capacity: 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 to this class. Footwear that is appropriate for movement is *required for this class*.  

*Capacity: 32*

**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.  

*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.  

*Capacity: 30*

**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. GREAT FOR BEGINNERS!!! 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.

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

Tae Kwon Do/Tai Chi

Tae Kwon Do

Explore Tae Kwon Do in a cooperative, non-competitive environment. Tae Kwon Do is a Korean martial art similar to karate, and emphasizes kicking, striking and blocking as applied to the art of self-defense. This traditional training style is intended for students who are interested in learning self-defense, increasing physical fitness, reducing stress, and gaining increased confidence, mental focus, and heightened self-awareness. All TKD students are encouraged to work at their own level and to explore a wide range of martial arts principles, techniques, and practice-methods. *Capacity: 30*

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. *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) *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. Capacity: 30

Yoga

Yoga - Hatha

The focus of this Yoga practice will help you master the basic skills of total body movement through Yoga. Improve everyday life activities and enhance athletic performance with this blend of physical yoga poses and conscious breath work. Build strength, flexibility and inner calm whether you are new to Yoga or already have some experience. Capacity depends on the location. Teagle Multipurpose Room: 50, Helen Newman Classroom: 30, 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. 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. 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. Capacity: 38
Yoga - Sivananda/Vinyasa Blend

This faster paced Sivananda yoga class blends with the fast flowing aspects of Vinyasa leading to a more vigorous yoga practice. Participants will be guided to use the breath as a guide to move from one posture to the next, and will be encouraged to enjoy bringing themselves to their own edge. Participants of all levels are welcome; beginners who wish for more detailed instruction may prefer a slower paced class.

Yoga - Strength and Alignment

These classes meet the individual needs of students in an environment that supports self and group respect. Precision, awareness and clarity are encouraged as personal resources for yoga practice and for life. Each posture develops physical strength, focus, concentration and our capacity for deep relaxation. All levels are welcome and adaptations are offered for specific challenges. Standing, sitting, rotating, balancing, and core efficiency will be addressed. **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. **Capacity depends on the location.** Teagle Multipurpose Room: 50; Noyes: 38; Helen Newman Hall Classroom: 30.