Cornell Fitness Centers Group Fitness - Class Descriptions

January 4 – 22, 2016

Cardio/Strength Combo

TRX® Express

This 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 is not permitted due to the short duration of the class. 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. Capacity: 20

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

Floor Cardio

Cardio Kickboxing

Looking for an intense cardio routine that engages your entire body? By incorporating high intensity kicking and punching routines, kickboxing uses your lower-body and upper-body to increase cardio capacity, build stamina and improve coordination. Beginners are always welcome. Footwear that is appropriate for movement is required for this class. Capacity: 30

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. Capacity: 35
ZUMBA®

Zumba® combines Latin rhythms and international dance moves to create an upbeat, calorie blasting experience! With a fusion of Latin, Bellydance, Raggae ton, 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

**Strength**

**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. 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 and Classroom: 30.

**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, t’ai 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 – 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 - 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.