Cornell Fitness Centers Group Fitness - Class Descriptions

Spring 2016

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. Capacity: 30

Body Bootcamp

We'll keep you guessing with different combinations of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get everything you need to get fit, get healthy, and challenge yourself both physically and mentally. We will encourage you to push yourself every class, and make sure you're having a blast doing it! Shoes that are appropriate for movement are required for this class. Capacity: 26

Body Bootcamp – Tabata

Following the Tabata Protocol, this class will keep you guessing with different combinations of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get everything you need to get fit, get healthy, and challenge yourself both physically and mentally. We will encourage you to push yourself every class, and make sure you're having a blast doing it! Shoes that are appropriate for movement are required for this class. Capacity: 26

F.I.T.

F.I.T (Functional Interval Training) consists of power intervals that will test your strength, agility, and self-determination. Intervals will combine a variety of exercises that will push your body to its limits, increasing stamina, movement efficiency, and core stability. F.I.T is total body conditioning, redefined. Capacity: 20

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. Capacity: 10
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/

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 Fuego

Cardio Fuego combines exciting world rhythms with simple and enthusiastic dance steps to create a fun fitness experience for all who participate. This class will work through basic progressions of many globally influenced dance styles to create a lively atmosphere for dancing the calories 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 Kickboxing

You will be jabbing, blocking, kicking, and sweating in this total body workout. This class combines boxing and kickboxing movements with aerobic dance and interval training for a challenging change of pace. Footwear that is appropriate for movement is required for this class. **Capacity: 30**

UrbanKick® & H.I.I.T.

UrbanKick® is an innovative and athletic workout that combines cardio kickboxing with sports conditioning for a total body workout. Using punch and kick sequences, UrbanKick® expertly blends steady state cardiovascular training with metabolic boosting H.I.I.T. drills so you constantly develop strength, power, agility, flexibility and balance.
**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**

*Abs +*

More than just an Abs class, this 40 minute session works your entire core AND includes upper body and lower body conditioning! The focus of this class is improving core strength with traditional and non-traditional exercises while working your entire body. Full body conditioning will help to improve overall cardiovascular ability, strength, power, agility and balance. Shoes that are appropriate for movement are required for this class. *Capacity: 26*

**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*

**Barre+CORE**

This Pilates-inspired barre class will rock you to the CORE! Combining barre moves & Pilates to sculpt arms, thighs, and seat, plus more abdominal work added in to give you the ultimate core challenge. You will improve posture and flexibility while building strength and endurance through a mindful flow of movement. Exercises will be done at both the barre and on the mat with props frequently used. *Capacity: 18*

**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. *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 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: 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: 26

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. Capacity: 12

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

Water

Aqua Interval

Experience the challenge and benefits of interval training without the impact on the joints. Held in the Teagle small pool, this class will combine a variety of interval methods (including Tabata, H.I.I.T., and more) with simple movements to challenge you both physically and mentally. Exercising in the water provides resistance in all directions, while the water provides a cushioning environment for the body. You do not need to be a swimmer to participate in this class, but should be comfortable in chest deep water. Capacity: 30

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 – 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. 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. Capacity depends on the location. Noyes: 38; Teagle Multipurpose Room: 50; Helen Newman Classroom: 30.

Yoga – Ashtanga with Conditioning

This class takes a beginner's approach using sequences drawn from the primary sequence described in the Ashtanga tradition. The physical practice of asanas (postures) is combined with simple conditioning exercises to engage and strengthen muscle groups used in the Ashtanga sequence. In each class we will focus on muscle groups required for specific movements and postures, and incorporate exercises to build strength, endurance, and co-ordination. This class is perfect for those new to yoga or the Ashtanga tradition, or for those wishing to gain more depth and understanding of the practice. Feel the benefits of engaging the breath while practicing surya namaskar (sun salutations), standing and seated asanas, as well as mindful backbends, twists and inversions where appropriate. Modifications will be explored to fit the needs of all participants, new or advanced. Capacity depends on the location. Noyes Multipurpose Room: 38, Teagle Multipurpose Room: 50, Helen Newman Classroom: 30

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 – 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. 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. 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. 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. Capacity depends on the location. Noyes Multipurpose Room: 38, Teagle Multipurpose Room: 50, Helen Newman Classroom: 30
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. *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.*