

Cornell Fitness Centers Group Fitness - Class Descriptions



Fall 2018

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 depends on the location: Appel Commons: 20, Helen Newman Hall Dance Studio: 30, Noyes Multipurpose Room 26.*

Late entry will only be permitted within 20 minutes of the class start time.

H.I.I.T & Recover:

High intensity interval training. Work really hard, rest and work really hard again! This workout is all levels because you are working as hard as YOU can, but be prepared to push! The class will use a variety of equipment or sometimes none at all. The drills are timed and will work your whole body. *Capacity depends on the location: Appel Commons: 20, Helen Newman Hall Dance Studio: 30, Noyes Multipurpose Room 26.*

Late entry will only be permitted within 20 minutes of the class start time.

INSANITY LIVE®:

Prepare to dig deeper with INSANITY LIVE®! Based on the widely popular home workout videos, this workout is designed to give participants a safe, challenging, and results-driven experience through max interval training. Each class can accommodate beginners as well as athletes in peak condition. INSANITY LIVE® offers total-body conditioning, complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength. *Capacity in Appel Commons Multipurpose Room: 20, Helen Newman Hall Dance Studio: 26, Noyes Multipurpose Room: 26.*

Late entry will only be permitted within 20 minutes of the class start time.

Morning Crunch:

Wake up with a full body workout that blends heart-pumping cardio, strength, and core exercises. This class uses a mix of interval training and circuit training formats to give you a taste of variety and to help build your stamina and overall strength. Capacity: 26

Late entry will only be permitted within 20 minutes of the class start time.

Power H.I.I.T. and Power H.I.I.T Express:

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 Escape Fitness equipment located in the Appel Commons Friedman Fitness Center. *Capacity: 10*

Please note that late entries will only be permitted within the first 10 minutes of the class start time.

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." *Capacity in the Appel Commons – Fitness Center: 16, Appel Commons 3rd Floor Multipurpose Room: 16.*

Please note that late entries will only be permitted within the first 10 minutes of the class start time.

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*

Late entry will only be permitted within 20 minutes of the class start time.

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. *Capacity: 12*

Late entry will only be permitted within 20 minutes of the class start time.

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

ZUMBA[®] Toning:

ZUMBA[®] Toning blends specific ZUMBA[®] moves and body sculpting techniques using maraca-like ZUMBA[®] Toning sticks for an intense strength-training experience. *Capacity: 25*

Late entry will only be permitted within 20 minutes of the class start time.

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. *Capacity depends on the location: Appel Commons – Multipurpose Room: 40, Bartels Hall – Ramin Room: 50, Noyes Multipurpose Room: 35*

Late entry will only be permitted within 20 minutes of the class start time.

Cardio Fusion:

Experience this cardio and strength fusion that blends both variable intensity aerobic movement with slow and controlled body sculpting. Cardio Fusion includes a warm-up, alternating intervals of cardiovascular and strength training, core exercises, and a cool-down. This class accommodates all fitness levels with a full body workout that will build stamina and overall strength. *Capacity depends on the location: Helen Newman Hall Dance Studio: 30, Noyes Multipurpose Room, 26.*

Late entry will only be permitted within 20 minutes of the class start time.

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 Commons - Multipurpose Room: 40, Noyes Multipurpose Room: 35, Helen Newman Hall Dance Studio: 40*

Late entry will only be permitted within 20 minutes of the class start time.

OULA®:

OULA® is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! Because the focus is on "how you feel" rather than "how you look," you experience the freedom of a non-judgement (of self and of others) environment and community, rather than competition. Because OULA® can be done at any intensity level, it is a great class for people of all ages, shapes, dance experience and ability.

Capacity in Appel Commons - Multipurpose Room: 40, Bartels Hall - Ramin Room: 50, Noyes Multipurpose Room: 35.

Late entry will only be permitted within 20 minutes of the class start time.

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 depends on the location: Noyes Multipurpose Room: 35, Helen Newman Hall Dance Studio: 30, Bartels Hall –Ramin Room: 50, Appel Commons - Multipurpose Room: 30.*

Late entry will only be permitted within 20 minutes of the class start time.

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 Commons – Multipurpose Room: 40, Noyes Multipurpose Room: 35, Helen Newman Hall Dance Studio: 40*

Late entry will only be permitted within 20 minutes of the class start time.

Strength

Abs +:

More than just an Abs class, this 45 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*

Late entry will only be permitted within 20 minutes of the class start time.

Barre and 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 depends on the location and the instructor: 15-20*

Late entry will only be permitted within 20 minutes of the class start time.

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: 30*

Late entry will only be permitted within 20 minutes of the class start time.

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.*

Late entry will only be permitted within 20 minutes of the class start time.

Pure Strength:

This 45-minute class targets and tones all the major muscles in the body for continuous calorie burning--even long after the class has ended. A "light weights, high reps, short recoveries" formula will build tension quickly and put a high demand on the muscles; this increased level of intensity will create a metabolic effect for even more noticeable results. Come get an effective workout through a non-stop progression of movement motivated by eclectic, energetic music! Footwear that is appropriate for movement is required for this class. *Capacity: 16*

Late entry will only be permitted within 20 minutes of the class start time.

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.** *Capacity: 30*

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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.** *Capacity: 30*

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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.** *Capacity: 30*

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Spinning® WATTS Up:

Spinning Watts Up goes beyond your basic indoor stationary cycling class by utilizing the power meters to track power, RPE, heart rate, and cadence in a fun and effective way. Learn what power is, why it's important, and how to use it to meet your personal fitness goals. Determine baseline fitness markers, track your progress, and learn WATT your body can accomplish! The use of personal heart rate monitors is encouraged. 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.** *Capacity: 30*

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Tai Chi

T'ai Chi – Beginning and Long Form:

For centuries, accomplished masters have transmitted the principles of the Chinese martial art of t'ai chi ch'uan to their student practitioners. T'ai chi's signature basic learning tool is a slow, fluid, interconnected set of postures, called "form". When well-executed with focused awareness, the form fosters a synchronized harmony of body, mind, breath, and energy flow. This results in 1) an alert receptive mental state free of tension, 2) a firmly grounded root with a naturally strong centered stance, and 3) agile unforced movement full of vitality. Contemporary scientific studies show that doing t'ai chi and ch'i kung (stretching/breathing exercises) promotes immunolymphatic circulation, deep abdominal breathing, and can yield curative or alleviative wellness benefits for a variety of health concerns.

Classes at HNH include a dynamic combo of warm-ups and a clear demonstration of several traditional forms. All instruction targets improvement in flexibility, coordination, athletic endurance, concentration, and proper alignment. Practicing the form together builds balance, composure, sensitivity, confidence, and camaraderie among participants.

Students of any level may drop-in to try a t'ai chi class anytime. The slow-motion style of the form adds to its accessibility, and classes are designed to be comfortable and relatively easy-to-follow for newcomers, while still creatively challenging for those with experience. Everyone is encouraged to work at their own pace and so leave refreshed and energized. During the first ten classes of the semester, Yang Cheng-fu's long form is sequentially reviewed in detail and a broad range of stretches are taught. *Capacity: 30*

Late entry will be permitted.

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*

Please be advised that a 60 second shower is required prior to pool use.

Late entry will only be permitted within 20 minutes of the class start time.

Aqua Fit:

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*

These classes are free to Cornell University Students

Please be advised that a 60 second shower is required prior to pool use.

Late entry will only be permitted within 20 minutes of the class start time.

Yoga

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. Teagle Multipurpose Room: 50, Helen Newman Classroom: 30, Noyes Multipurpose Room: 38.*

Late entry will only be permitted within 20 minutes of the class start time.

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*

Late entry will only be permitted within 20 minutes of the class start time.

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*

Late entry will only be permitted within 20 minutes of the class start time.

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*

Late entry will only be permitted within 20 minutes of the class start time.

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

Late entry will only be permitted within 20 minutes of the class start time.

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.*

Late entry will only be permitted within 20 minutes of the class start time.

Yoga – Mellow Flow:

Craving a break filled with slow movement at a relaxed pace? Then come join Mellow Flow Yoga! This class focuses on blending movement and breath to cultivate mindfulness, posture alignment for long-term joint health, conscious engagement of muscles to increase strength, and holding poses to increase flexibility. Students of all levels are highly encouraged to attend and participate at their own pace! *Capacity depends on the location. Noyes Multipurpose Room: 38, Helen Newman Hall Classroom: 30, Teagle Multipurpose Room: 50.*

Late entry will only be permitted within 20 minutes of the class start time.

Yoga – Restorative:

Restorative yoga is a quieting, supportive, and deeply nourishing practice. Restorative poses are done by lying passively over props such as bolsters and blankets. Similar to deep relaxation, restorative yoga is a meditative, receptive practice in which you continually let go of holding yourself up and allow yourself to be fully supported. Over time, as you relax the body over props, you may learn to release unnecessary habitual tension. *Capacity: 12*

Late entry will only be permitted within 20 minutes of the class start time.