

University of Florida, Department of Recreational Sports

Group Fitness Class Descriptions Fall 2009

Numbers listed on the schedule after class name indicate the duration of the class. All classes are 60 minutes unless indicated otherwise.

STRENGTH

SAQ Training: Circuits, agility drills and plyometrics will diversify your training to maximize speed, agility, and quickness intended to train your body to move in extreme situations. Space is limited due to close supervision.

Total Body: A strength training class that targets the major muscle groups using various equipment as well as your own body weight.

Core (30): Class focusing on strengthening abdominal and lateral flexors, back extensors and core stabilizers to improve torso appearance and function.

BOSU® Body: Simultaneously improve your muscular strength, balance, mobility and stamina in this strength training class targeting the major muscle groups. If you like Total Body, you'll love this balance-challenging version.

Muscle Confusion: An action-packed class filled with the excitement of kickboxing, the toughness of strength conditioning, and the stretching emphasis of Yoga and Pilates. If you want something that will test your overall health and fitness, this class is for you!

Gliding: Try something totally different that will challenge your cardio and strength capabilities! This class uses sliding discs and transforms standard exercise movements into smooth, graceful lines of flowing motion. Add this class to your routine and great results are sure to follow!

OUTDOOR

Stadium Club: This class utilizes every aspect of Ben Hill Griffin stadium (stairs, ramps, straightaways, etc.) for an intense workout.

Outdoor Club: An alternative to indoor group exercise classes that incorporates a mixture of jogging, various drills and fun activities to challenge your strength, endurance and cardiovascular capabilities.

Coached Swim: Work closely with a swim coach to improve your technique and maximize your swimming strengths. Coaches create workout programs to challenge multi-level swimmers. Class meets at the Florida Pool.

DANCE

Urban Hip Hop: Inspired by moves fresh off the streets, learn new dance routines that are bound to impress while getting a fun workout!

Belly Dance: A form of Middle Eastern dance focusing on the movements of the hips and abdominals.

Capoeira: A traditional Afro-Brazilian art form that combines dance, martial arts, acrobatics and the music of Brazil. Capoeira is based on continuous rhythmic movements that increase core strength, balance, endurance, flexibility and coordination, providing a culturally creative way to get a great total body workout.

Cardio Tease: This high-energy class is sure to challenge your body and heighten your confidence! It will undoubtedly bring out your wild side while simultaneously giving you a great total body workout!

Zumba®: A fusion of Latin and International music, Zumba creates dynamic, exciting and effective fitness through dance routines. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

CYCLING

Cycle (30): This 30 minute cycling class has dual purposes. The beginner can learn about the cycling journey and get accustomed to the bike. An experienced cyclist can focus on a high intensity cardiovascular workout in a shorter amount of time.

Cycle (45) and (60): Ride your way through rolling hills, steep climbs, false flats, sprints, and much more to make this cardio workout fly by.

Ride and Relax (75): This 75 minute class takes you through two inspiring formats: Cycling and Yoga. You will experience 45 minutes of intense cycling immediately followed by 30 minutes of stretching and relaxing Yoga. This class is sure to satisfy your multiple needs.

Advanced Cycle: This 60 minute cycle class is perfect for the cycle enthusiast who wants an intense ride. If you are looking to push your limits, this is the ride for you. Prior cycling experience is recommended.

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Group Fitness Class Descriptions Spring 2009

MIND/BODY

Ashtanga Yoga: Often called “eight-limbed yoga” ashtanga focuses on cleansing the mind and body using the ujjayi breath and drishti gaze. The first heat-building series serves to purify the body, then the next series to cleanse the mind.

Hatha Yoga: This “yoga for health” class will ease your mind and develop mental clarity toward strength, flexibility and relaxation. Breathing, postures and stress management will serve as the foundation in this centuries-old form of exercise.

Iron Yoga: Increase your isometric strength by incorporating the use of resistance equipment to add intensity to strength poses.

Power Yoga: A more advanced energetic flowing sequence of postures and poses. Focuses on using breathing techniques to move rapidly from one pose to another. Classes focus on body weight bearing exercises, torso stability and intermediate balance.

Vinyasa Yoga: Vinyasa literally translates to “breath-synchronized movement.” Explore your inner landscape as your breath and body work harmoniously as one.

Gentle Yoga: An introspective class that places emphasis on relaxation and restoration. While a good starting point to those first beginning their yoga practice, this class is optimal for anyone who is looking for a peaceful environment in which to enhance their mind-body connection.

Yoga for Runners: This mind-body class focuses on stretching the muscles that are chronically tight in most runners as well as promotes muscle balance, stability and endurance. You do not have to be a runner to attend this class.

Partner Yoga: Add variation to your practice by utilizing a partner to explore your poses while experiencing all of the traditional benefits of yoga. You are encouraged to attend with a partner but can also come on your own.

Tai Chi: Slow, evenly paced movements connect with the breath and mind to strengthen and harmonize the body and spirit. The Chinese art of Tai Chi focuses on correct alignment and relaxation, core principles of form and development, and moving “qi,” or energy, throughout the energetic pathways of the body.

Pilates: A mat-based fitness-Pilates class that emphasizes essential skills for proper execution of movements. Activate, isolate and stabilize deep core muscles while improving posture, flexibility, balance and overall body strength.

BOSU® Pilates: Challenge your balance while you explore traditional and nontraditional Pilates exercises using the BOSU® Balance Trainer.

Sports Stretch (30): This quick class is great for increasing flexibility and for injury prevention. The instructor will take you through a series of stretches that will target your entire body. By adding this class to end of your exercise routine, you are sure to be on the right track.

CARDIO

Box Bootcamp: Fast paced, high-energy class that combines the intensity and quick movements of kickboxing with strength exercises, circuit training and endurance drills. Improve your agility and cardiovascular fitness while achieving an intense total body workout.

BOSU® Conditioning: Engage the core, burn calories and build muscular endurance in this high intensity cardiovascular workout.

Step: This class emphasizes form and technique while using high intensity movements and fun step combinations.

Advanced Step: One hour of advanced step choreography with intense cardiovascular conditioning. Requires a solid knowledge base of step choreography.

Kickboxing: Integrate punches, kicks and a variety of combinations into this high-intensity cardiovascular workout.

Turbokick™: One of the hottest kickboxing classes around, Turbokick™ combines sports drills, athletic movements and hip-hop elements that will take your cardio workout to the next level!

Interval Training: Experience the effectiveness of interspersing bouts of near-maximum exertion with periods of lower intensity activity. This efficient training method can help avoid injuries that often accompany non-stop repetitive activity and provide the opportunity to significantly increase your level of fitness.

*Please wear sport footwear to all group fitness sessions except select mind/body classes. You may be asked not to participate if this policy is not adhered to.