

# GROUPFIT CLASS DESCRIPTIONS

## CYCLE

**Rise & Ride** Get up and get to work! This class will wake you up with 45 minutes of cycle to start the day. Max capacity: 25

**Cycle 45** Motivating music will help you tackle rolling hills, sprints, jumps and intervals on our stationary bikes. This cycling class pushes you to your limits to help accomplish your fitness goals. Max capacity: 25

## STUDIO

**Candlelight Yoga** Flow in the gentle glow of candlelight. This all-level class is designed to help you relax, melt away tension, decrease feelings of stress, and increase a sense of peacefulness. Last Wednesday of every month (Jan-April)

**Hard-Core** Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing flexibility. Includes a variety of equipment.

**HIIT** is a total body heart pumping workout that combines full-body resistance training with rushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout!

**Kinesis Sculpt** This 30-minute class uses unique Kinesis conditioning equipment. Workout focuses on balance, strength and flexibility on and off the Kinesis equipment, providing a variety of exercises targeting the whole body. Max capacity: 10

**Insanity** is a revolutionary, cardio-based, total body conditioning program based on the principles of MAX Interval Training.

**PiYo™** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. Expect a true fat-burning, low-impact workout that leaves you feeling strong!

**Power Yoga** A challenging Vinyasa practice, which includes creating internal heat, increasing stamina, strength and flexibility, as well as reducing stress.

**Total Body Conditioning** This class offers a mix of full body strength exercises using various strength equipment and body weight, coupled with bursts of high intensity cardio intervals.

**Circuit Strength** This class is a head to toe strengthening and toning workout. Circuit Strength will take you through rigorous intervals using dumbbells, steps and more.

**Mixed Yoga** is a combination of various styles of yoga, from vinyasa, to restorative, to gentle flow. This class accommodates all levels.

**Turbo Kick™** Have a blast in this action-filled cardio kickboxing class! Turbo Kick will lead you through fierce kickboxing combos and fat-scorching strength and cardio moves that will leave you feeling unstoppable!

**Vinyasa Yoga** Enjoy sequences of postures and body-strengthening movements that flow with each breath. Our Vinyasa Yoga class provides a multi-level, yet strong practice, making it beneficial and enjoyable for all skill levels.

**XA Beat™** This dance-fitness class uses popular American music to provide high-intensity cardio and toning. Routines are fast paced, but easy to follow so you can concentrate on getting a great workout. No dance experience necessary.

**Yoga Sculpt** Combine traditional yoga poses with hand weights and short bursts of cardio work to create a transformational workout designed to sculpt, lengthen and challenge every muscle.

**Zumba™** This class fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will keep you moving. No dance experience necessary.

## AQUATICS

**Hydro Power** This class is held in the leisure pool and improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of water. It is a low-impact class, giving you a safe, effective and fun workout.

**Swim Strong** This class offers a great lap swim workout for participants to improve their fitness level, technique and stroke. An on-deck coach provides instruction and motivation for each class and features varying workouts for all skill levels. Goggles recommended

**HydroFIT** Take your regular workout to the next level with this water-based class that uses a BogaFITMAT® as the surface for your workout. You should expect to be challenged with exercises like lunges and burpees that keep your heart rate up. Falling off is encouraged, however not mandatory! Max capacity: 12 - Appropriate swimwear is required

**H2Yoga** This class brings your yoga practice to the pool. You will use the BogaFITMAT® as the surface for your workout. By combining standard yoga postures and flows with the motion of the waves, your core will get a great workout. Max capacity: 12 - Appropriate swimwear is required

**[NDSU.EDU/WELLNESS/FITNESS](https://www.ndsu.edu/wellness/fitness)**

**CONTACT:** Jenna.Grabinski@ndsu.edu – 701-231-7360