

CARDIO: Burn calories and improve cardiovascular health!

AQUA AEROBICS: Get your workout in the water! A fun workout that is easy on your joints. This class uses a combination of aerobic exercise to improve cardiovascular fitness, and muscular conditioning exercises to strengthen muscles. The class is ended with a gentle stretching routine to decrease possible soreness, and improve flexibility. (UNAVAILABLE WHILE POOL IS CLOSED)

BOX 30/20/10: This exciting 1 hour workout hits all the stops. 30 minutes of cardio kickboxing, 20 minutes of muscle conditioning, and 10 minutes of stretching to improve flexibility.

CARDIO BLAST: Incorporating parts of kickbox, step, interval-training, and more, this class is bound to make you sweat!

CARDIO FUNK: Strictly dance and hip-hop based. Exciting for experienced dancers and new dancers alike! Test your creativity and try a new way of moving, all while having so much FUN!

CARDIO & PUMP: This 1 hour class is a great chance to mix it up and try something new with your cardio workout. Designed with interval training, cardio circuit, and body sculpting, this class is great for all levels and especially those who enjoy a non-choreographed, easy to follow group cardio and toning class.

CYCLE: Take bike-riding to a whole new level! Now you can have the same fun of riding a bike you had as a kid with the health and fitness benefits you need as an adult. All levels are welcome as you ride up hills, sprint, and just cruise. Set to motivating music with the guidance from a certified instructor, this class will keep you coming back again and again.

***Each class is limited to 15 participants. See Cycle class policies. Sign up at Rams Head reception desk.

INTRO TO BOX: New to kickbox? Don't be intimidated! Take this introductory class and learn the basic kickbox moves while you get a great 30 minute cardio workout.

KICKBOX: This high intensity, empowering fitness kickboxing workout will focus on punches, kicks, and boxing maneuvers designed to increase aerobic and anaerobic fitness. A great cardio, core, and total body workout.

STEP 30/20/10: This exciting 1 hour workout hits all the stops. 30 minutes of step aerobics, 20 minutes of muscle conditioning, and 10 minutes of stretching to improve flexibility.

STEP: Designed specifically for the participant with little step experience, this basic step class is easy to follow, fun, and the perfect starting point for those wanting to learn step.

STEP CHALLENGE: A classic, high intensity step workout guaranteed to help you reach your cardiovascular limits. This class involves advanced choreography and sequential movements. Participants should be familiar with basic step patterns and step terminology.

STEP CIRCUIT: This energizing class includes step combos, high-intensity intervals, and strength training. Great all-around workout in just 1 hour!

STEP & SCULPT: Spend the first half of class in a moderate-intensity cardiovascular step workout, and finish with a total body conditioning workout.

ZUMBA!: A fusion of Latin and International music- dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

MUSCLE CONDITIONING: Design a healthier, stronger body!

ABSOLUTION: There is more to working your abs than basic crunches. A blistering non-stop abdominal workout.

BALLET SCULPT: Strengthen and tone using ballet moves as well as some traditional strength training equipment and exercises. Good for experienced or inexperienced ballerinas or ballerinos.

BUTTS, GUTS & THIGHS: Come to class ready to work! This class is the perfect lower-body class for all levels of experience.

CORE: Challenge your body and refresh your routine by engaging your core and increasing your strength through training on the Reebok Core Boards, Balance Balls, and more!

MUSCLE CUT: Strengthen and define every major muscle group in one short hour. Using the plate-loaded bar, free weights, resistance bands, body weight, and more, be assured that you will get a challenging full body workout.

REAR ATTITUDE: Tone your glutes and hips in this short, targeted strength class.

RESIST-A-BALL: Get an all over body workout with the popular resist-a-ball. Come find out why this simple piece of exercise equipment gets so much hype!

FLEXIBILITY and MIND & BODY

DEEP STRETCH: Build your flexibility and regain your body's full range of motion in this relaxing 45-minute class.

MINDFUL YOGA: Uses a slower, deeper approach to the poses and the breath that builds inner awareness, clarity, and presence. The practice increases flexibility, strength, and ease of movement in an atmosphere that encourages self-acceptance and non-judgement. This class was developed for faculty and staff, but it is suitable for all ages and levels.

PILATES: Lengthen and strengthen your body using core muscle groups through a series of non-impact exercises designed to focus on deep muscles of the abdominals, back, hips, and buttocks. Benefits of Pilates include better posture, injury prevention, increased strength, and flexibility. Great for all experience levels.

POWER FLOW YOGA: Moving with each breath, (Vinyasa) Power Flow builds strength, flexibility, body awareness, and endurance through choreographed sequences similar to traditional Sun Salutations. Sequences are designed to warm up the body and typically move from basic postures to more intermediate and advanced postures. A current yoga practice or some previous yoga experience is a plus.

YOGALATES: Yoga, Pilates, and deep stretching combined. Come prepared for a great workout to strengthen, stretch, and calm.

YOGA: A total mind and body workout that will leave you invigorated and wanting more. Designed to develop physical and mental discipline while exploring and connecting poses, through a heated body and steady breath to create a unique strength and flexibility workout.