

Fall 2015 Group X Class Descriptions

Instructor	Class Name	Class Description
Annalise P./Josh/ Annalise F./Kyle/Lydia/ Megan/Nicole/Van	Bear Cycle	You're going to sweat! Join us as we improve our fitness levels and push ourselves to new limits with a combination of endurance rides, sprints, climbs, and jumps. This class is great for those seeking a challenging cardio workout, looking for a new cardio routine, or seeking to combine endurance and strength training in your workouts. Nothing beats an indoor cycling class for a low-impact, high-intensity fitness workout. Try out each instructor for a unique Bear Cycle experience.
Sue	AquaFit	Enjoy a full hour of water aerobics! Burn calories while experiencing a new kind of low-impact workout that uses water resistance to tone your body!
Spencer/Cambrielle	Boxing HITT Circuit Training	Comprehensive exercises geared to hit a variety of abdominal work, mixed with Full Body circuit training that incorporates elements of fitness boxing.
Lynn-Holly	Hip Hop Aerobics	Moderate to high intensity hip hop class for all levels. Whether you are a professional dancer or just love dancing to your new favorite song, body drop is an hour of fun aerobic activity where fitness and exercise is merely a side effect.
Lauren	Belly Dancing	Enjoy an entire group exercise class dedicated to belly dancing! Burn calories while learning a new form of dance!
Kyle	Boot Camp	This high intensity group exercise class mixes traditional calisthenics and body weight exercises with interval training and strength training.
Bill	Flat & Fit: Abs Training	This class is designed to strengthen, tighten, and work your core to the next level by engaging in a variety of exercises and drills geared to work your abdominals. Come and develop that flat & fit stomach just in time for Spring Break!
Jordan	Total Body X	Total Body X- This class combines shirt soaking cardio, strength building circuits, and functional Pilates sequences to improve core strength and flexibility. Train your total body.
Anna	Dance Fit	This class is designed as a high intensity workout that incorporates dance movement with cardio and strength training. Each participant is sure to have an hour of fun, high energy exercise!
Anna	Booty Camp	This class is designed as a high intensity workout that incorporates dance movement with cardio and strength training. Each participant is sure to have an hour of fun, high energy exercise!
McKenna	Step, Shred, & Sculpt	The shred portion of the workout targets your endurance through fun rhythmic moves that will bring your heart rate up. The final section of the class will isolate major muscle groups to increase muscle strength and endurance.
Cambrielle	Totally Toned	Come and completely tone your entire body with this hour-long toning class. A wide variety of toning methods with light cardio intervals. It does not take much to totally tone those abs, arms, and legs!
Van	Walk & Tone Express	This Fit and Fun class combines fitness walking with variety of toning exercise, core work, and stretching for a complete 45 minute express workout.
Josh/Sheridan	Yoga	Yoga is a flow based practice from the Astanga tradition. It incorporates strength and flexibility by using the body as resistance. Come enjoy a good sweat session and leave feeling stronger and more relaxed! Vinyasa Flow: Breath-synchronized movements. Varies in pace.
Brin	PiYo	PiYo is unique combination of yoga and Pplates designed to target all areas of your body in fun and challenging ways.