



COTTINGHAM CAMPUS GROUP EXERCISE CLASS DESCRIPTIONS

Rev. 05/05/25

AQUATICS



AQUA BASICS: Gain strength, improve balance and burn calories. Other benefits include alleviating pain associated with arthritis, fibromyalgia, back problems, and for those who have had joint replacements.



AQUA CHALLENGE: A fast paced class with a variety of moves sure to get an experienced member's heart rate up. Moves may include running, sprinting, jumping, as well as, a combination of moves in rapid sequence. It is not recommended for a member new to water fitness or one who needs to work at a slower pace.



AQUA MIX: With a mix of moves perfect for both water fitness newcomers and experienced participants, this class is slightly slower than Aqua Challenge and will have limited jumps, while still being fun and challenging for all who participate!



WATER WORKS: You will enjoy this shallow water, medium intensity exercise class which uses water and foam dumbbells for resistance training. Get stronger, improve flexibility and gain confidence.



AQUA DEEP: Workouts are more challenging than shallow water as the body's center of balance is at the chest level. Each person must wear a belt to anchor the core and maintain good balance while working against the water's buoyancy. This workout will require core strength to hold proper body alignment while working against the properties of water. Deep water workouts are impact free and do not require water shoes.

BOXING



BOXING BASICS: Want to get fit, fight for it. Learn the fundamentals of boxing including footwork, shadow boxing, drills and heavy bag work. Class is open to all levels. Gloves and wraps required. Purchase at the front desk.

CYCLING



CYCLE + LIFT: Great for beginners! This energetic workout is suited for all levels of fitness. Time flies as you complete intervals of cycling and floor strength training exercises. Club lighting, motivating music, familiar tunes, and class participation provide a level of entertainment for an enjoyable experience.



CYCLING: Love to ride to great music and follow the beat? This class is for you. Classic cycling techniques like hills and sprints merge with pumping music to give you 45 minutes of sweaty excitement.



CYCLING FOR BEGINNERS: New to cycling? No idea how to set up your bike? Ease into your cycling journey with great music, motivating instructors and begin to build your cycling base.



RPM It's fun and low impact. With great music pumping and the group spinning as one, you repeatedly reach your cardio peak and then ease back down, keeping pace with the pack to lift personal performance and boost cardio fitness.

CIRCUIT & WEIGHT



BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get strong and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.



FULL BODY FIT: A High Intensity Functional training program that challenges you to break out of your routine. Full body Fit encourages proficient movement patterns by performing functional movements with relatively high intensity. It consists of a mixture of weightlifting and HIIT cardio. Each workout can be modified to suit any ability. Full Body Fit will produce a multitude of positive changes in your body, including increased strength, endurance, flexibility, balance and power which will result in overall improvements in your health.



FUNCTIONAL FITNESS: Circuit intervals for strength and cardio conditioning. This ever-changing format will keep you on your toes through incorporating equipment specific to Queenax and traditional cardio exercises. Give it a try!

CARDIO



BODYCOMBAT™ is a high-energy martial arts-inspired, whole body workout that builds superior fitness and core strength. Modifications are given for those who are more comfortable working at a lower level. Show up and be ready to kick and punch your way to fitness.



CARDIO + CORE: Low to high impact cardio to increase cardio endurance and burn calories, plus, standing and floor abdominal exercises for toning core muscle groups.



CARDIO KICKBOXING/ABS: Kick up your cardio conditioning in this high-energy, low-impact class that incorporates martial arts- inspired movements into combos that are bound to get your heart rate up.



HIIT & HIIT Express: HIIT, or High Intensity Interval Training, is a powerful, total-body workout that keeps your heart pumping. This cardio focused workout involves alternating between brief, intense bursts of exercise followed by recovery periods. HIIT is designed to effectively push your fitness limit.



FOREVER FIT (Senior): A lower level cardio and strength class for older adults. Expect fun standing low-impact moves for heart and lung conditioning and light resistance training to keep muscles strong and improve bone density. A chair may be used to help with balance and when performing some strength training exercises.



STEP: Time flies when you're having fun! A classic cardio workout, this 45 minute intermediate to advanced class includes choreographed routines set to motivating music. Benefits received are toned legs and glutes, improved heart and lung function, endurance, and mood.



STEP EXPRESS: 30 minutes of basic to intermediate moves and routines designed to make you sweat and raise your heart rate. New to Step? Be sure to attend this class and you'll soon be ready to participate in all of our Step classes. Some light hand weights might be incorporated to add some upper body sculpting.

YOGA



CHAIR YOGA is perfect for anyone looking for a low-impact flow. This 45-minute class includes deep stretches and breathing as well as traditional yoga movements. Great for seniors!



DEEP STRETCH YOGA: Foundational yoga postures are practiced to align, strengthen, and promote flexibility. Breathing techniques and meditation serve to eliminate stress and improve overall health.



POWER FLOW YOGA: The power sequence is a series of classic yoga postures combined with powerful movements that flow from one to the next creating warmth and strength within your muscles.



SLOW FLOW YOGA: emphasizes balance, mobility, strength, and relaxation through holding postures. This is an excellent class for seniors, those new to yoga, or anyone wanting to slow down and minimize the up and down movement of a traditional flow class. Posture modifications are offered to help every student feel successful in class.

BALANCE & STRENGTH



ABSolute rockBOTTOM: Improve strength and change your physique! Abdominal and glute exercises will sculpt abs and tone your glutes through planks, crunches, squats, lunges, and a little cardio to burn fat.



BARRE: A workout inspired by elements of ballet, yoga, and Pilates. Expect to perform challenging leg exercises as well as build core and upper body toning for a full-body workout. Tools are used to create resistance and build muscular endurance.



BALANCE & MOBILITY: A stability ball and a chair will aid you in working towards improving balance, mobility, range of movement, and to strengthen and stretch muscles.



CORE STRENGTH A strong core is at the center of building and toning muscles in the entire body. In this class, we will focus on good posture and promote strength in the entire body. We will build strength and stability in the muscles around the core to prevent falls and help balance.



PILATES is a mat workout that aims to strengthen core muscles and improve postural alignment. Other moves are incorporated in order to generate long, lean muscles and improve flexibility.



PILATES FLOW is a workout that combines strength training, cardio, and mind body balance into one fun and dynamic workout. Pilates Flow strengthens more than just your core, it is a full body workout for those looking for a good alternative from the high impact workouts. Strengthen your core, increase muscle endurance and strength while working flexibility and balance.



STRETCH AND MOBILITY is a class designed to enhance your overall flexibility and strength. In this class, we will focus on improving the mobility of your shoulders and hips while strengthening the key

muscle groups responsible for stability: the shoulders, hips, and glutes. Our comprehensive approach includes a blend of stretching exercises and myofascial techniques, aimed at reducing tension and tightness throughout your body.



STRETCH AND RELEASE is a 20-min class that focuses on stretching and releasing muscles to improve flexibility, mobility, and posture to help you feel more relaxed and ready to move throughout your day



TOTAL BODY STRENGTH: You will participate in non-stop strength building exercises that will increase muscular endurance while using a variety of equipment, such as dumbbells, bands, stability ball, and others. There will be a variety of core movements and abdominal work involved. You will receive a total body shaping in this class.



TAI CHI: Described as "Meditation in Motion", Tai Chi is a practice that promotes serenity and stress release through gentle, flowing movements.



TRX BEGINNERS: TRX is a suspension training device that uses body weight exercises to develop strength, agility, balance, and coordination.



TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability. The TRX Suspension Trainer is a tool that leverages gravity and the user's body weight to complete the exercises.

DANCE



ZUMBA: Ditch the workout and join the party! This 45-minute dance-based class incorporates movements from world rhythms and is bound to make you shake away your stress.



ZUMBA GOLD takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors. Get your heart rate up with easy to follow dance moves and have a blast!

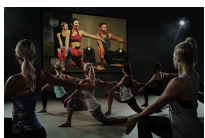


DANCE FITNESS is a great way to get your heart pumping and burn a few calories while moving to great music and having fun!

VIRTUAL



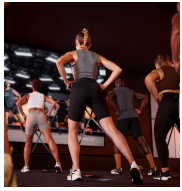
LES MILLS BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats



LES MILLS BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.



LES MILLS BODYCOMBAT is a high-energy martial arts-inspired, whole body workout that builds superior fitness and core strength. Modifications are given for those who are more comfortable working at a lower level. Show up and be ready to kick and punch your way to fitness.



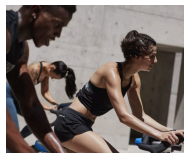
LES MILLS CORE is the ultimate scientific core workout for incredible core definition and sports performance. This class is all about building strength, stability and endurance in the muscles that support your core, helping you improve your functional strength and assist in injury prevention. If you want to run faster, move quicker, and become better at everything you do, LES MILLS CORE will help make it happen.



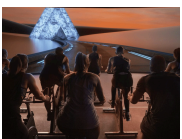
LES MILLS DANCE is a 45-minute high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. The workout is anchored in 3 cardio peaks, a warm-up, and a cool-down. It combines innovative dance movements with the latest music to drive energy and motivation in every move. With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.



LES MILLS GRIT CARDIO is a 30-minute high-intensity interval training (HIIT) workout that uses bodyweight exercises and music to improve cardiovascular fitness, increase speed, and maximize calorie burn. It is designed to be challenging and intense, pushing participants to their limits.



LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results



LES MILLS THE TRIP is a fully immersive virtual cycle class experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. It takes motivation and energy output to the next level, burning serious calories. In other words, THE TRIP is the way to go if you want to get fitter faster, with less discomfort.



RPM It's fun and low impact. With great music pumping and the group spinning as one, you repeatedly reach your cardio peak and then ease back down, keeping pace with the pack to lift personal performance and boost cardio fitness.