

fall 2020

# virtual fitness schedule

## CLASS DESCRIPTIONS

### CLEVELAND STATE UNIVERSITY

- **Bodyweight Boot Camp** - This total body interval class mixes calisthenics and body weight exercises with cardio and strength training. These classes are designed in a way to be different all the time and push each participant harder than they'd push themselves. Boot Camp works you from head to toe so you'll be ready for anything life brings.
- **Core Blast** - Get ready to strengthen, tighten, and tone your core with this class. Focusing on the abdominals, obliques, and lower back muscles, you will challenge the powerhouse of your body.
- **H.I.I.T.** - This class features combinations of strength training and cardio intervals to maximize the efficiency of your workout.
- **WERQ®** - WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQ-out is safe and effective.
- **Yoga** - From beginner to advanced, this class will help participants process in their current yoga practice. Some experienced recommended but not required. All levels are welcome!

### DePAUL UNIVERSITY

- **HIIT** - Not allowed to HIIT the gym? This 30 minute, High Intensity Interval Training class is an effective full body workout that includes intervals of strength and cardio training. HIIT, no equipment needed.
- **Yoga** - Learn how to link your breath to movement with a variety of poses and flows to help you strengthen and lengthen. Namaste!
- **Zumba®** - Zumba is a fun, dance-based cardio class guaranteed to get your heart pumping

### HARPER COLLEGE

- **Core Mat** - Designed to activate the abdominals, pelvic floor, and lower back by utilizing body weight exercises to strengthen the core, increase balance and enhance mobility. (All Levels)
- **HIIT** - This non-stop powerhouse workout is guaranteed to burn calories and get your heart pumping. HIIT includes High Intensity Interval Training by combining strength exercises with cardio in short intervals. (Intermediate/Advanced)
- **M3 : Move, Manipulate and Meditate** - The Power of Three, suggests that things that come in threes are more satisfying, more effective, and more memorable. We want you to move and manipulate your body through the practice of natural movements. Natural movements challenge your body to stretch, lengthen and strengthen like never before. Mindfulness and meditation techniques are utilized to enhance mental clarity and focus. No equipment necessary.
- **Strong by Zumba®** - This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move and is a demanding workout that engages the entire body. (All Levels)
- **Yoga** - Synchronized poses along with breath work are sure to enhance circulation, flexibility, stamina, strength, balance and inner calm. (All Levels)
- **Zumba** - Bring on the fun in this dance based aerobics class featuring movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music. (All Levels)

### JACKSONVILLE STATE UNIVERSITY

- **BellyDance Cardio** - Incorporating the techniques of Belly Dance with a splash of cardio.
- **Core, Sculpt & Stretch** - Increase core strength while sculpting and toning your body. Finish off by rewarding your hard work with a good stretch.
- **F45®** - This style of training builds and sculpts lean, functional muscle. Lifting, squatting, jumping, twisting, pulling, pushing, punching, kicking, rowing, biking—all of these movements qualify as functional and all can be found in this class to help make you look, move and perform better in all aspects of your life!
- **POUND®** - Using lightly weighted ripstix, wooden spoons or your hands, this Pilates based workout is one cardio jam session! Get ready to Rock!
- **Power Yoga** - A step above our normal Yoga class with mindful and quicker paced movement to connect your mind and body for a good sweat.
- **Stretch** - Muscles taken a beating? Or need a good deep stretch for the entire body minus he poses?
- **Stretch You** - A powerful stretching session to up your flexibility and mobility.
- **STRONG by Zumba®** - This is a high intensity strength and cardio workout choreographed to music to help you push through every rep! Try this class out if you are looking for a no equipment challenge!
- **Yoga** - This short and sweet yoga practice is the perfect way to end your day! We will move through a detoxing power flow followed by mindful movement and breath-work.

### MARSHALL UNIVERSITY

- **Core + Cardio** - H.I.I.T. style of training that focuses on performing a combination of both core and cardio exercises in a time-efficient manner.
- **F45®** - F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 27 different, 45 minute workout experiences, with more in development by our F45 Athletics Department. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle.
- **Strength Circuit** - A style of training that slows down the workout tempo to focus on muscular strength. Each class will target different muscle groups to make sure that you don't miss out on your strength gains!
- **Yoga** - Focus on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

### MORAIN VALLEY COMMUNITY COLLEGE

- **Cardio Fusion** - A variety of low impact cardio movements that are fun for the mature adult or novice exerciser. Effective resistance, balance and core training using little to no equipment to keep you challenged and ready to work while at home.
- **Core Blast** - This challenging 30-minute workout strengthens the abs, hips, butt and lower back for a stronger core using a variety of body weight and resistance equipment. Optional equipment - mat, resistance band or two small dumbbells
- **Dance Cardio** - Live stream a dance-fitness class straight to your home. This class format combines fast and slow rhythms with easy-to-follow moves that will tone and sculpt the body. All dance levels welcome.
- **Hatha Yoga** - Hatha yoga uses body postures, breathing techniques and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Use this class to manage stress, while improving your flexibility.
- **Les Mills BODYPUMP™** - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast. Optional Equipment - any size dumbbells or barbell.
- **Les Mills GRIT™** - Intermediate/Advanced - This 30-minute high intensity workout is designed using cardio, strength and athletic conditioning formats. This short and intense workout builds cardio fitness, trains the body to burn fat and build lean muscle, and improves athleticism while challenging endurance.
- **Lengthen to Strengthen** - Prepare to experience a blend of stretching and strengthening techniques all in one go. Elongate and tone your muscles while using straps, foam rollers, and your body as the lengthening instrument.
- **Muscle Work** - If it can make you stronger, we will use it! Build lean muscle mass and strengthen the body by using a variety of tools from around the house. Using what you have at home and your own body weight, you will be stronger than ever!
- **Pilates Barre** - Fusion-style, barre workout, combining Pilates, fitness and dance-based moves using small movements and high repetition. A strength class that will tone and lengthen muscles, while improving posture and strengthen core.
- **Pilates Mat** - The Pilates Method of body conditioning is a unique system of stretching and strengthening exercise developed to tone muscles, strengthen core, improve posture and provide flexibility and balance.
- **Restorative Yoga** - Restorative flow integrating moving sequences that have gentle restorative poses. During the class, the use of props such as blocks or straps may be used to get students into positions that will ultimately help them realign their bodies in their original positions. Open to all levels.
- **Sit & Fit** - Get fit from your seat instead of your feet! This class targets those needing assistance with balance while seeking increased strength, endurance and flexibility.
- **Tai Chi/Meditation** - Tai Chi/Meditation does for the mind what movement does for the body. This 30 minute class will offer a variety of techniques including postures, breath work, mantra and mudra to clear your head, de-stress your body and create peace and harmony in your life.
- **Vinyasa Yoga** - Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing while incorporating seamless transitions between postures.

### MYLAN PARK

- **Financial Wellness** - Do you find it hard to manage your finances, so you have excess money rather than debt? Do you find yourself annoyed when others share their financial successes? Regardless of your relationship with money, this intro class will help you create a relationship with your finances that will help you live life more freely.
- **Meditation Workshop** - Meditation is a major asset in taking control of our own minds and living a healthier and happier life. It gives us the ability to silence our very persistent egos and helps us gain clarity. Through meditation, we can transform our thoughts and our lives. In this class you will learn the benefits of meditation and be guided through a meditation you can do on your own any time

### UNIVERSITY OF ALABAMA AT BIRMINGHAM

- **Buti Yoga** - This mind-body class is one of a kind. Combining the arts of yoga, tribal dance, and short bursts of high intensity cardio to the beat of the music will keep you having so much fun it hardly feels like working out! Express yourself and leave feeling more confident in yourself as you tackle your week in this fun, high energy movement class.
- **Cardio Kickboxing** - This class will use the art of kickboxing to get the heart pumping in the non-stop cardio workout. **Core Focus** - Join Anne as she works your core through a 30 minute sport-themed class with high energy!
- **Hip Hop Zumba®** - Utilizing similar concepts to Zumba, this Hip Hop based class will have you moving your hips and getting your sweat on while keeping it interesting and unique.
- **Mindful Yoga** - This class will give you the break you need, no matter how busy and stressful your day has been! You will flow through poses, connecting your mind and body to your breath. There is no better way to take a break from your day.
- **Stretch and Strengthen** - Reach for the stars...or at least your toes. This class will include a great mix of dynamic and static stretching, dance, and sports stretching techniques along with yoga poses focused on increasing flexibility, range of motion, and postural muscle strength. Get ready for a little challenge!
- **STRONG by Zumba®** - This is a high intensity strength and cardio workout choreographed to music to help you push through every rep! Try this class out if you're looking for a no equipment challenge!
- **Total Body Conditioning** - Ready for a full body workout that will get you sweating, but you don't have a lot of equipment? This mostly bodyweight class with our high energy instructor will get you the workout you never knew you needed. Plenty of modifications given and is acceptable for beginners and advanced participants alike.
- **Yoga Flow** - If you are just starting yoga or want to learn the basics, this is the class for you! You will get the total Mind and Body experience with a gentle flow. But don't let the title fool you, this is still sure to be a great workout!
- **Zumba®** - Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. With exciting and unique moves, you never be bored!

### UNIVERSITY OF MISSOURI - ST. LOUIS

- **Barre** - This Barre Class is comprised of strength, flexibility, and fun geared to all fitness levels. This results-oriented class combines Pilates, yoga, ballet, and core strengthening to target all the major muscle groups in the body. We use small hand weights, a ballet barre, a mat, and a ball to help you burn fat and lose inches. No ballet, yoga or Pilates experience needed. All fitness levels welcome.
- **Cardio Kickboxing** - This class is designed to provide individuals with fitness inspired by boxing. This class will provide an assortment of fitness drills to provide participants with a good cardio workout through the emphasis of delivering kicks and punches in a circuit type workout.
- **HIIT** - This cardiovascular exercise class will have you alternating short periods of intense exercise with less intense recovery periods.
- **Kettlebell AMPD** - Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! Weights vary anywhere from 5-15lbs, so the workout can be adjusted and moves modified to suit your individual needs. Get lost in the music and push yourself with the most effective, fulfilling, and lively workout available! You can use a dumbbell instead of kettlebell for this workout.
- **Pilates** - Stretching and core strength based on the work of J. Pilates. This class will target your abdominals and back muscles.

### UNIVERSITY OF NEW HAVEN

- **Ask a Trainer** - Our community will have the opportunity to ask our personal trainer's questions to help stay on their fitness journeys.
- **Boot Camp** - Inspired by strength and plyometric exercises this class will challenge the whole body.
- **Circuit Friday** - This circuit-style class incorporates strength and cardio into one high-energy workout for a full-body training session.
- **Fitness Craze** - This Friday afternoon class will keep the participants on their toes. Each Friday the format rotates between different cardio workouts. This Freaky Friday class is Caliente Kick- a cardio fusion between the technique of kickboxing and the dance moves of Latin-inspired music. Jab and kick it out while putting a little meringue in your step.
- **Home Hold H.I.I.T** - The class has high interval intensity training sequences that builds cardiovascular fitness while improving muscular strength and endurance. Using items one can find around the house to bring resistance training in, this class will sure to be a fun and challenging workout.
- **Meditation** - Meditation aids in eliminating stress and can bring about positive personal changes. Viewers will be guided through a meditation with relaxing background music to help bring self-inquiry and inner stillness.
- **Power House Workout** - Using items one can find around the house to bring resistance training in, this class targets the total body in an engaging and challenging workout.
- **Quarant Training** - This format will help the participant stay engaged and active while being "quarantined". A total body strength and cardio workout using resistance from items found around the house will help sustain cardiovascular and muscle endurance.
- **Stretch and Flex Yoga** - A low-impact exercise for the body and mind. Combining different asanas, or postures, with a deep breathing technique, called pranayama to promote flexibility, strength, balance, and relaxation. This class will help in balancing and restoring the various systems of the body.
- **Wellness Wednesday Talk with Mindfulness Practice** - Every Wednesday will be a different wellness topic that our community can ask questions and learn more about. The live session will end in a mindfulness practice of either Yoga or Meditation.