



## Cottingham Campus Class Descriptions

Rev. 5/5/21

<b>Aquatics</b>	
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.
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!
Deep Water Aerobics	Deep water 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.
Water Walking Class	Moving through the water with a variety of walking patterns and progression will provide additional core, posture, balance, and mobility benefits. This class is great for all fitness levels including pre and post hip and knee replacements. You will benefit as it provides a total body workout while strengthening the muscles around the joint while providing minimal impact. Water shoes are required.
<b>Cycling</b>	
Beginner Cycling & Stretch Cycle Studio	This non-intimidating class will help you slowly build strength and stamina. Afterwards, enjoy 15 minutes of deep stretching.
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 Express	Everything you love about a traditional cycling class is packed into this 30 minute session. Get ready to climb hills, conquer sprints, and break a sweat.
<b>Kids</b>	
Fitness Games	Fitness games and fun challenges to encourage younger children to stay active. A perfect fit for kid members 6 to 10 years old.
Teen Strength & Conditioning	This fitness class is for ages 11-15 and is designed to make fitness fun! It is based for all levels and instructs participants on proper form to create healthy habits for a lifetime!
<b>Circuit &amp; Weight</b>	
BODYPUMP™	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.
Functional Bootcamp	Join us for this fast-paced bootcamp in the Functional Training Space. Circuits, games, and challenges are interspersed and adapted for all fitness levels.
Quick Circuits	Focusing on power and strength, this 30-minute class will work your whole body! Open to all levels.
Circuits Intermediate	Low impact cardio and strength training circuits will improve heart health, increase stamina, and build muscle.
<b>Cardio</b>	
Cardio + Core	Get sweaty! Get toned! 3 different instructors, 3 different styles. Low/high impact cardio for burning fat and challenging exercises for toning abs and glutes.
Core Toning	A little goes a long way! This 30 minute workout is for those who want to chisel those abs and lift and tone glutes.
Forever Fit	Seniors, you'll enjoy moving to the music at a pace that feels right for you in this fun, low-impact aerobics class. Strength training is incorporated for building strong bones and muscles.
BODYCOMBAT™	BODYCOMBAT™ is a high-energy, no contact, martial arts-inspired workout that will have you sweating and burning 500 calories or more! 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.

Functional Cardio	Looking for a way to burn more calories with cardiovascular conditioning? This class will infuse cardiovascular and functional training that will keep you moving and having a good time. Beginners are welcome!
HIIT	High Intensity Interval Training is circuit training at it's best! 45 minute sessions include cardio conditioning and strength training. Express is 30 minutes and focuses on strength training only.
Kickboxing	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.
Pump Up & Jam	Energetic music will motivate you to work for the burn in this high-rep, muscle-building and cardio- conditioning class. Each song is choreographed for working a specific muscle group or for a bang-up cardio challenge.
Quick HIIT	30 minutes is all you need in this full-body cardio class! Get ready to work your muscles and heart as you get moving.
SH'BAM	Fun! Effective! Addictive! Simple, sassy dance moves will shape you up and bring out your inner star. Great for all ages and levels of fitness.
<b>Yoga</b>	
Chair 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.
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 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	Soothe your mind and body while combining meditation with synchronized breathing and flowing postures at a slower pace.
<b>Balance &amp; Strength</b>	
Barre	Barre is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on core strength as well as low-impact movements and light hand weights for toning muscles.
Balance & Mobility	A Fit Ball and a chair will aid you in working towards improving balance, mobility, and range of movement. A Theraband is used to strengthen and stretch muscles for increased flexibility.
Functional Fitness	QUEENAX is a unique steel frame, rigged with various attachments that are utilized for strength training and cardio exercises. Through this fast-paced circuit workout, you will never get bored as classes change from week to week.
Pilates	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.
Strength Intermediate	A win-win! Designed to accommodate all adult ages and fitness levels. Learn proper form, work within personal capabilities, experience growth and watch your confidence soar!
TRX/TRX Express	Suspension training that uses body weight exercises to develop strength and core stability. Other tools and exercises may be incorporated to accommodate all participants.
TRX Functional Training	Improve your ability to move through daily and sports activities. Develop core strength, mobility, flexibility, balance and cardiovascular fitness using TRX and various other tools to bring purpose and adaptability to your training. Fun and effective!
TRX Fundamentals	Learn the basics in a non-intimidating atmosphere. You'll soon be confident to tackle the next level.
<b>Zumba</b>	
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	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!
Zumba Intermediate	Need a step up from Zumba Gold but not quite ready for Zumba? Zumba Intermediate is a happy medium and is appropriate for all levels. Get into the groove and just move.