

# TWU Fitness & Recreation

## Fall 2009 Class Descriptions

### Land & Cycle:

- **Fat Burner Cycle:** Moderate to high intensity. Did you know that you can burn 500-800 calories per hour of cycling? This 60 minute stationary cycling class encourages fat burning through threshold training. Use your own body cues to determine intensity. Previous cycle class experience is recommended.
- **Energy Zone Cycle:** from beginner to advanced, Energy Zone workouts will teach you how to exercise, using coaching strategies designed to help you understand exercise intensity and work-to-rest ratios. Whether your goal is to burn calories, train for race, or just get in better shape, you'll want to attend this class.
- **Cardio Strength:** This class is an intensive floor class adapted for 3 different fitness levels for safety utilizing a wide variety of strength/toning equipment along with abs and floor work in addition to the 30+ minutes of cardiovascular fitness. Prepare to break a sweat, so stay hydrated throughout!
- **Pilates:** Muscular conditioning techniques from dance with yoga fundamentals. Improves flexibility and strength, especially through the core (abdomen, back, & buttocks muscles). Train for a strong, lean appearance!
- **Step:** This class uses with fun, creative steps that a novice can pick up and walk away confident with. This is a high intensity class to burn fat, tone the legs, pick up more energy, and feel great!
- **Yoga I:** For all levels of experience and intensities. Initially focusing on the basics of whole body balance, breath control.
- **Yoga II:** Many of the same concepts as in **Yoga I** but this Yoga class will spend a bit more time on the advanced asanas as well as practicing the challenging inverted poses.
- **Cycle 'n Core:** This class incorporates 30 minutes of High Intensity Cycle and then you will move to the floor to do 30 more minutes of Ab/Core work
- **Nia:** A non-impact cardiovascular workout, **Nia** incorporates aspects from the Martial Arts, the Dance Arts, and the Healing Arts.
- **Stretch 'N Tone:** A high intensity conditioning workout. Using the Swedish stability ball as well as other types of fitness apparatus we will build core strength while developing overall stamina. No previous experience needed. Always adapted to individual's challenge level.
- **Turbokick:** High intensity. A fast-paced, challenging, choreographed kickboxing class with great music and motivating routines! Great for weight loss! Previous kickboxing class experience is recommended but not required.