

Spring 2012 Class Descriptions

Butts & Guts: Tone your glutes & midsection. All fitness levels welcomed.

Cardio Core: *New!* Using stability balls & other Group X equipment, develop functional strength & balance, especially through the core (back/abdominal muscles) while working aerobically. Fun, well-rounded workout! Moderate to high intensity.

Cardio Kickbox: Prepare to challenge yourself with kickboxing and boxing drills that will get you in phenomenal shape! Punch and kick the stress away in this highly energized class! Moderate to high intensity.

Core n More: Light cardio intervals are used with a variety of Group X equipment to help you burn fat while developing muscular strength. Easy-to-follow workouts challenge every major muscle in your upper body and core. Moderate intensity. All fitness levels are welcomed.

Cybox Circuit: Learn how to use our new Cybox equipment efficiently, challenging every major muscle group in your body. Meet downstairs for this circuit training, muscle strengthening, body firming class. All fitness levels welcomed. (Weightroom: 1st floor Cybox circuit)

Deep Training: Water exercise: Improve your cardiovascular conditioning & muscle endurance using jogging belts in the deep end of the Pioneer Hall indoor pool. Swimming not required. All fitness levels welcomed.

Fab Abs: Go beyond basic crunches & sit-ups. Flatten you're abdominals & strengthen your mid-section through a variety of exercises that target your abdominal area. All fitness levels welcomed.

Fat Burning Cycle: Encourage fat burning through threshold training. Listen to motivating music while burning major calories. Moderate to high intensity. Can burn 500-800 calories/hour.

Hip Hop Hustle: High energy dance workout will make you sweat while you learn the latest hip hop moves. Your instructor will break down the moves so they are easy to follow. Burn up the dance floor & burn calories too! No dance experienced required. Moderate to high intensity.

Muscle Pump: Feel the burn! Cardio intervals with strength exercises help burn fat while developing muscular endurance. Moderate intensity.

Muscle Pump w/TRX: *New!* Combination of cardio intervals, strength training exercises and suspension training, a system of ropes & webbing to allows you to work against your own body weight. Change up your routine for some awesome results! All fitness levels welcomed.

Performance Cycle: Bring the outdoor riding experience into the studio. Enjoy a workout that improves your cardiovascular endurance through a variety of techniques & drills. Moderate to high intensity. Can burn 500-800 calories/hour.

PiYo: Experience the perfect blend of Pilates and yoga that will kick up the calorie burn and build muscle! This dynamic blend of movement increases strength, core stability, and agility. All fitness levels welcomed.

Precision Cycle: This class will challenge both the novice & experienced rider as you continually switch riding styles during 60 minutes of calorie burning fun! All fitness levels welcomed. Can burn 500-800 calories/hour.

Restorative Yoga: Poses are designed for restoring the body after the stress of the week. Come. Rest. Relax. Recover. Rejuvenate. All fitness levels welcomed.

Step +: *New!* Enjoy creative steps moves to burn calories and condition the lower half of the body. Moderate to high intensity. All fitness levels welcomed.

Ta'i Chi: Emphasize relaxation, calmness, coordination, calmness, flexibility, overall strength and breathing. The perfect practice for those wanting a non-impact way to exercise and decrease stress. All fitness levels welcome.

Turbokick: Fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs. A mix of kickboxing & simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout! This fast-paced, challenging, choreographed kickboxing is great for weight loss! Can be burn up to 1,000 calories/hour. High intensity.

Video Series (P90X 1 & 2, Insanity, Jillian): *New!* Have a crazy schedule? Come have fun and get in shape with some nationwide bestselling fitness videos. Fitness and Recreation will run show a different video each day of the week. Use our equipment, meet others and reach your fitness goals!

Water Works: Water exercise provides an aerobic and strength conditioning at the same time. Low impact alternative. In the shallow end of the Pioneer Hall indoor pool. All fitness levels welcomed.

Women's Self-Defense: Focus on easy, practical techniques for self-defense. Learn how to defend against the most frequent types of attacks on women. It is a great opportunity to learn skills & build your confidence. All fitness levels welcomed.

Yoga I and II: These classes include basic to intermediate yoga poses sequenced at a moderate pace that provides improvements in overall strength, endurance, flexibility, & body awareness. Focus will be placed on alignment & breath as you flow from pose to pose. All fitness levels welcomed.

Zumba: A fusion of Latin & international music & dance themes that create dynamic workouts. Routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Easy to follow dance moves. All fitness levels welcomed.

The Countdown to Spring Break has Begun!

NEW this Spring!

Beach Body Blast: Feb. 6-March 15, 2012 6 weeks M-Th from 6:30-7:30am. Student Recreation Center Gym ***ONLY*** \$50
Registration begins Jan. 17

Challenge yourself for 6 weeks and get beach body ready! Instructors will take you through 60 minute, fat shredding workouts involving cardiovascular exercise, core training, and toning. Special emphasis is given to those areas we notice more during short season!

Attendance is strongly encouraged! If you do miss too many classes, you will also miss the benefits. However, unlike Boot Camp, there are no consequence cards. Those who complete Beach Body Blast with less than 5 absences will receive a cool prize in time for Spring Break!

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Lunch classes are normally 45 mins. Instructors/class format subject to change without notice.