Group Fitness Class Descriptions

**AbBLAST/CoreBLAST/HourGlassSLAY:** Is your core your kryptonite? Let this class reduce your waist, tighten your core and unleash your inner Superhero in 45 minutes! We’ll work through standing core moves to core work on the floor utilizing bodyweight, dumbbells and other resistance equipment to challenge the muscles in the mid-section and get you to your fitness goals!

**AfroBeat:** This class is designed for you to DE-STRESS!!! Come join in, have fun, and of course, you’ll get a good sweat in! Don’t worry about the technique! That will come over time. This class is more about the journey we’ll go on together!

**Barre Fitness:** This class will incorporate elements of ballet and Pilates into isometric exercises that will help create a strong core and improved posture, followed by deep stretches for the hips and legs. Moderate intensity, no joint impact (no jumping).

**Belly Dance:** Join us to learn the ancient art of belly dance! This class will focus on the basic techniques – we will discuss healthy posture and practice isolations, circles, 8’s, shimmies, and arms. We will also combine basic movements into a choreographed dance routine. Low intensity, no joint impact (no jumping).

**Bhangra Bootcamp:** This dance based workout combined traditional dance moves from a North Indian culture with modern and hip hop beats to create something new and refreshing! Looking for a total body workout with variable cardio in 30 minutes flat? Then Bhangra Bootcamp will serve you well! Come to our classes to learn more!

**Cardio BoxSTEP:** This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

**Cycle To The Beat:** A high intensity cardio endurance class choreographed to the beat of each song. A variety of music genres are offered ensuring that you will hear music that gets you pumped!

**HIIT Cycle:** It is all done on a Spin Bike. For 45 mins receive High Intensity Interval Training something you have never experienced. Come and get your body moving and your heart pumping!

**Having A Ball:** Medicine ball workouts help develop core strength, improve coordination, fine tune balance, relieve stress on limbs, and add to back stability! Low intensity, moderate workout, with high intensity option.

**Hustle/Line Dancing:** Don’t be a wallflower. Learn the popular hustles (line dances) so you can join the fun at dances, parties, wedding receptions, reunions, etc. Take a chance, learn something new. Dance to some great music and get a good workout. Step-by-step instruction. Open to beginners and intermediate dancers, students, RFC members and their guests.

**KickboxInsanity:** High energy class that promotes self-defense and confidence through a series of punches, blocks and kicks that will help sculpt the body and burn calories.

**PiYo:** This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Power Yoga:** This is an intense workout that will make you sweat! It flows with a faster rhythm than a traditional Ashtanga practice using the same series of poses held for only a few breaths. It’s great for strength training compared to other forms of Yoga. Ideal for flexibility and meditation, because in Power Yoga, you lift and hold your entire body’s weight constantly. This class will make you feel energized! You leave feeling calm, but with an extra little skip in your step! Sure to be able to tackle that paper or long study session afterwards!

**Strength and Stretch:** Join us for a full-body workout with emphasis on arms, core, and legs, followed by deep stretches for the hips, back, and legs. Build strength and flexibility, stimulate bone mineralization, improve posture, and focus on deep breathing. Moderate intensity, no joint impact (no jumping).

**Tabata:** This is a high-intensity workout that has fitness and weight-loss benefits! Is it like CrossFit? Is it like circuit training? It is a bit of both! It consists of eight rounds of exercises in a 20-seconds-on, 10-seconds-off interval!

**Tall, AbTIGHT & Toned:** This class is designed to do just what it says – help you stand tall with improved posture while sculpting the tummy tight and right for a stronger sexier midsection. With a fusion of stretching, mat Pilates and yoga based moves, you will see the leaner slimmer well defined body your desire. A more physically fit you is a semester away.

**Total Body CardioBLAST:** Burn calories with this fast fat-burning class! This program challenges your body with several fat-burning exercises, such as Jumping Rope, the Squat Thrust, the Kettlebell Swing and several other moves that burn major calories!

**Wake Up Yoga:** Wake Up Yoga is open to all skill levels. Come start your day right with relaxing breathing techniques, stretches to increase flexibility, and poses to build strength.

**Yoga-Lattés:** Come and new experience of a blend of Yoga for 55 mins. It includes Yoga, Plates and Thi Chi all woven together to modern music. You will need a mat or two.

**Zumba:** Pretty much the most awesome workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it!