



# Group Fitness Class Descriptions

**AFitt Boot Camp** – Is a group exercise class that mixes traditional calisthenics and dated power exercises with weights! And interval training, strength training and conditioning! Become Stronger... Faster, Healthier, and Better! Let's Stay Fit Together!

**Body Blast** – A class that uses sliding discs to lengthen and strengthen all the body's major muscle groups by engaging full range of motion.

**Bodyweight H.I.I.T** - Burn fat fast with this body weight based high intensity interval training. Increase strength, speed, agility, flexibility and more. Suitable for all!

**Boot Camp Burn** – Get moving with this intense plyometrics and calisthenics class. Bring up your heart rate, break a sweat, have some fun with upbeat music, and bring it back down with a stretch ending for a full body workout.

**Cycle Craze** – This cycle class is all about great music, pushing your limits, and having fun! A high intensity class based on hill climbs, sprints, and more! Try one of the most effective cardio workouts TODAY!

**Cycle 2 the Beat, Cycle To The Beat** – Join us for 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! Come cycle to the BEAT!

**Candlelit Yoga** – Vinyasa focused on the balance of mind, body and spirit. Starting off with a slow activation of your body synchronized with your breath, allowing all your thoughts and worries to slowly melt away! Integration of sun salutations to activate and purify within. Ending with a balanced sequence of poses targeting all parts of your body. Perfect for all levels!

**Combat Kickboxing** – limited space maximum of 8-10 students first come, first serve. This class will teach you the fundamentals of kickboxing as well as provide a intense cardio workout.

**Gliding to Abs** – This class uses gliding discs to engage the abdominal muscles through full range of motion.

**Kickbox Insanity** – Limited space maximum of 8-10 students first come, first serve. This class will teach you the fundamentals of kickboxing as well as provide an intense cardio workout.

**Functional Fitness/CrossFit** – Heavily influenced by the methodology of CrossFit, this class is a combination of Olympic weightlifting, gymnastics, running, and metabolic conditioning. No experience necessary. Class is an hour long, and includes warm up drills, workout(s), and mobilization/stretching.

**Fundamentals of Weightlifting** – This class will help you perfect your form for Olympic lifts, and teach the fundamentals of barbell cycling. The workouts will prioritize mechanics and an understanding of how to utilize proper form to move the barbell efficiently. No experience necessary.

**Gym Floor & More** – This class will be held on the gym floor! You will get a killer total body burn while learning how to utilize various equipment such as treadmills, rowers, TRX, BOSU, free weights, and barbells. You can take something away from every class, see you in the lobby!

**High Intensity Interval Training (H.I.I.T.)** – This class is a high intensity interval workout packed with a little bit of everything! We utilize weight training, CrossFit exercises, cardio, and body weight resistance to create an energizing, total-body workout. You will never be bored, and you will always break a sweat!

**H.I.I.T.** – This class is a high intensity interval workout packed with a little bit of everything! We utilize weight training, CrossFit exercises, cardio, and body weight resistance to create an energizing, total-body workout. You will never be bored, and you will always break a sweat!

**HIIT and Strength Training** – The class will be constructed as it follows: 5-10 minutes warm up, 40 minutes of four rounds of strength training (2 sets

for each exercises, 15 reps). Every Two different strength exercises( two sets of each, 15 reps) follows one HIIT exercise( 4 sets, 20 reps), 5-10 minutes cool down.

**Intro to Flow** – This class is perfect for beginners or experienced practitioners looking to dive deeper into the foundations of flow. We'll build strength and flexibility with options to intensify.

**Kickboxing Insanity** – (the description you have for this class now is for Combat Kickboxing)--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.

**Lunchtime Fit (take off the 45 in title)** – A 45 minute workout on the gym floor. Meet me on the main fitness floor for a full-body workout that is progressive and effective. Bring with you a blank notebook, ink pen, towel, goals and water.

**Meditative Movement** – This is a course in balancing the mind, body and spirit. It's a perfect way to set the intention and stir the energy that will fuel your daily activities.

**Metabolic Conditioning** – This hour long class will focus on completing a skilled and structured workout with little rest time in order to improve your metabolic rate, increase your endurance, and maximize the calories burned during your workout. Class will include a warm up progression, workout(s), and recovery stretching.

**Mobility and Stretching** – This 45 minute class is all about total body mobility, and general wellness of your joints and muscles. Class will include stretching methodologies, techniques, and progressions to provide an increased range of motion for all bodies.

**Moonlit Yoga** – Relax and unwind at the end of your day with a Vinyasa style of practice. Beginning with gentle movement and building up to sun salutations and standing

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postures. This class focuses on joining movement and breath creating the ultimate release to increase mental and physical health. Come join me under an indoor starry night! Open and welcoming to all levels.

**Power Yoga** – This is a dynamic yoga class that combines vinyasa flow and slow burn styles to create a fun and challenging class. We focus on building strength, balance, and flexibility through the development of mindful movement patterns. This class will be challenging yet accessible for people of all levels.

**Rhythm Ride** - Ride to the rhythm and burn calories in this energetic 45 minute ride. Sprint, Climb, tabata style drills & more.

**Slow Flow** – In this class we will move mindfully through postures, linking breath to movement, and focusing on proper alignment. Slower paced and open to all experience levels, this class will help strengthen the body and mind.

**Slow Flow Power Yoga** - This slow flow Vinyasa class focuses on increasing core and overall body strength with emphasis on breath and body awareness.

**Sunrise Yoga Flow** – Early morning vinyasa style class to warm up the body. Build strength and stability by flowing through a variety of postures, connecting the breath with each movement.

**T.E.A.M. HIIT** – If you're looking to build muscle and burn fat then look no further! In this HIIT class we cycle through 4 sections of work – Tabata, EMOM, AMRAP and MetCon – crafting the best workout for every fitness level. Each class will be a full-body workout that will get your heart pumping and your muscles working!

**Yoga Fusion** – In this class we will blend together the deep stretching of slow flow with the heat of a Vinyasa flow. Linking breath to movement, we'll build strength and flexibility while playing with different variations in postures.

**Yoga Nidra Meditation** – Yoga "Nidra" meaning sleep, is a powerful meditation technique open to everyone. This meditation takes you into a state of consciousness between waking and sleeping. No previous experience needed! Just

lay on your mat and relax as I take you on a 30-minute guided meditation to re-energize your mind and body. Just listen to my voice and allow me to calm the waves in your mind.

**Yoga for Climbers** – Perfect for anyone needing to get a stretch in! This Vinyasa class will target shoulders, hips, hamstrings and strengthening overall. This class offers a relaxing and cleansing way to stretch and build strength. Although targeted for Rock Climbers this class is open to everyone of all levels!



WAYNE STATE UNIVERSITY  
Department of Athletics  
Mort Harris Recreation & Fitness Center

Updated 10/15/19

# FALL 2019

Classes will begin September 3 and will end December 21, 2019.