### Class Descriptions:

#### Strength

**Total Body** - This class features music and motivation for one serious muscle workout. Use our specialized group strength equipment to train the body from head to toe.

**Bootcamp** - Jump, throw, dodge, work! This high-intensity class will give you the workout of your life. Be prepared to work hard and never give up! This class is designed for all levels of participants.

**Advanced Bootcamp** - A step above “Bootcamp”, this extreme intensity class pushes your body to its ultimate limit through little rest, hard work and continuous movement. This class is geared towards the advanced participant.

**Lunch Crunch** - Crammed for time? This class is for you! This class focuses on all areas of the body, cardiovascular fitness and a quick intense burst of activity. Be prepared for anything the instructor chooses to throw your way!

**Core** - Not your traditional core class! Challenge your body through exercises that target all areas of the core (abs, back, glutes).

It is a little known fact that you must train the entire mid-section together in order to get rock solid abs!

#### Mind/Body

**Yoga** - This class will focus on the combination of mind, body and spirit. Fluid motions and isometric asanas (poses) will guide your body through various levels of relaxation and strength.

**Pilates** - Build flexibility and strength while improving posture and overall muscle tone. Lengthen your body to attain that "long and lean" look.

**Ride & Relax** - The best of both worlds! Start with an intense cycle class, climbing and coasting. End your evening with easy stretching, allowing the body to elongate and become leaner, while allowing the mind and spirit to relax.

**F/S Yoga** - This class is designated for faculty and staff members only.

#### Cycle

30/45/60 - One of the most trending workouts around. Expect long flats, hill climbs and sprints. Participants of any fitness level can participate, instructors will offer different levels of intensity in each class.

**Advanced Cycle** - Challenge yourself with this grueling 60-minute routine. Climb, sprint, burn! Previous cycle experience recommended.

**F/S Cycle** - This class is designated for faculty and staff members only.

#### Dance

**DanzEnergy** - Move, groove, tone and stabilize! This high energy class takes the technique of ballet, the funk of hip-hop and the inspired choreographed fitness routines.

**Zumba** - Currently blowing up the world of group fitness, this class will have you working up a sweat while learning Latin-inspired choreographed fitness routines.

#### Cardio

**Kickboxing** - Combining kicks, punches, jabs and conditioning drills allows each participant an intense cardiovascular and muscular workout all at the same time. Come take this class if you’re ready for a challenge!

**Circuit Training** - The best way to turn the body into a fat-burning machine. Circuit training utilizes high intensity bursts of movement (90-95% working capacity) paired with rest to optimize the body's metabolic conditioning cycle. Yes, resting while in class will allow you to continue burning a higher number of calories long after your workout is over!

#### Aqua Fitness

**AquaFit** - This unconventional aerobics class is instructed in the pool (1st floor of Reynolds Gym). Expect running, races and aerobic style conditioning.

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*Please note all classes are 60 minutes unless otherwise indicated.

**Classes are available for students faculty and staff for a fee of $35 per semester (cash or check only). Please bring your membership card and WF ID to all classes.

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*Fall schedule begins 9/17