## ALL-ACCESS CLASS DESCRIPTIONS

**FALL 2015 | AUGUST 17TH-DECEMBER 6TH**

*recsports.uga.edu*

### No Classes: 9/6-9/7, 10/30-11/1, 11/22-11/29


### Barre Burn:
This class is a full body workout utilizing various ballet, Pilates and strength conditioning techniques. This format creates a challenging balance for the muscles to strengthen, stabilize, and lengthen while performing small isometric movements to motivating music. No ballet experience needed.

**Cycle:***
Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact fitness option.

### Cycle Core:
A winning combination! Enhance your cardiovascular endurance, lower body strength, and core while listening to your favorite tunes. All fitness levels welcome.

### Deep Water Fitness:
Don’t be fooled by this low-impact class! Exhaust every muscle in your body without ever touching the ground! Buoyancy belts provided. No swimming experience required.

### Drop It:
Get your dance on with top hip-hop beats! Improve muscular strength and build stamina with this choreographed class. Don’t be afraid to Drop it!

### Kickin’ It:
Join us in the boxing studio for an incredible workout using heavy bags and boxing gloves. Learn boxing and kickboxing skills and techniques in this total body workout.

**Mindfulness Yoga:**
Improve both your mental and physical health in this class that incorporates movement and stillness, yoga postures and meditation using the foundations of mindfulness. If you have a body and mind that you wish to love, this practice is for you.

### PiYo™:
This class is a combination of Pilates, Yoga, athletic dance condition, and great music. Experience a total body workout that will leave you feeling balanced and strong.

### Mindful Movement:
Come and increase your awareness of the present moment. This class is designed for all fitness levels! This class allows you to drop in at any time between 3:00-4:30pm to complete a challenging, 30 minute workout. This circuit style format utilizes equipment; including ViPRs, slam balls, battle ropes, TRX® Rip™ Trainers and more! Let’s get strong.

### PiYo Yoga:
Experience the benefits of Yoga as you stretch and energize your body. Yoga postures are sequenced for all levels to gradually work out all of the kinks and tightness from your night’s sleep and help you get ready to flow through your day with ease.

**Quick Fit:**
A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.

### TRX® Suspension Trainer:
This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.

### Vinyasa Yoga:
In this class, Yoga postures are linked together cultivating core strength, flexibility, and balance while working and stretching every inch of the body. Integrating breath and postures will leave you feeling energized and renewed in the body and mind. Whether you are new to Yoga or experienced, all levels are welcomed!

### TRX Yoga:
This class is designed for all fitness levels! This dynamic style of body weight training utilizes the TRX suspension trainer to integrate strength, balance, and endurance to maximize your results. This class is taught to the beat of the music and allows todays hits to motivate you through the workout.

### Zumba:
Spice up your workout in this high energy class. This class is powered by Latin music and dance combinations that are fun and easy to follow. No dance experience necessary.

### TurboKick™:
This cardio dance-inspired format combines Taekwondo, boxing, Tai Chi, and funk. This workout creates a party atmosphere that will have you coming back for more.

**Walk Georgia Bootcamp/Yoga:**
This class is for faculty/staff only and is FREE with a Walk Georgia and Ramsey membership! Becoming a member of Walk Georgia is free and easy. To register, visit www.walkgeorgia.org.

### W.O.D:
Never make it to class in time? No problem! Our Workout Of The Day is different in every class and allows you to drop in at any time between 3:00-4:30pm to complete a challenging, 30 minute workout. This circuit style format utilizes movements from various sports as well as bootcamp drills to create the ultimate cross-training experience.

### Yoga:
Refine and master breathing techniques and a wide variety of essential Yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body.

### Just Dance:
This is a fun fusion of dance styles to motivating music. Explore all dance formats to successfully complete new choreography every class. Whether you are new to dance or very experienced, all levels welcome!