

Fall 2009 Class Descriptions

SPINNING® and SPINNING® :The Long Ride:

SPINNING® is the original indoor cycling program connecting body & mind in an energizing 40-minute workout that blends cycling technique, motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced cardio class will move you! The Long Ride is a full 60-minute workout! Space is limited & reservations are only taken 24 hours in advance. Reserve your spot at the Pro Shop at The Rec Center or call 621-4673.

SPINNING® Requirements:

- Sweat Towel
- Water bottle

SPINNING® Recommendations:

- Padded bike shorts/pants
- Heart rate monitor
- SPD compatible bike shoes or stiff soled shoes

INTRO TO SPINNING® :

If you are new to SPINNING®, take the Intro class to learn your own individual proper bike setting including seat height, handlebar height, and fore/aft positioning of your bike saddle. You will also learn the movement and hand positions used in SPINNING® classes.

TURBO KICK®:

This kickboxing class will use movement patterns, combinations and techniques from the ancient sport of Muay Thai Boxing. Turbo Kick is a pre-choreographed class with intense cardiovascular intervals, strength & endurance training.

ZUMBA®:

Zumba® has become one of the hottest dance-based fitness classes in the country! Enjoy pulsating Latin rhythms while learning red hot international dance moves. Don't miss the party...you're all invited to this!

WILDCAT DOLLS WORKOUT:

Ever desire to become a Wildcat Doll? Unleash your inner doll and let her come out to play! Step off the stage and into the Rec Center for this extremely fun and flirty cardio workout. Sorry boys...only girls can be Wildcat dolls. It's all you girls...now work it!

BOOT CAMP:

Calling all G.I. Joe's and Jane's...this resistance and cardiovascular training class includes circuits, athletic exercises & drills that keep you moving and motivated! You will be encouraged to work at your own level so everyone's welcome.

COMBAT FIT:

An innovative, high intensity strength and cardio conditioning class designed to enhance your **CO**re Movement **BAL**ance and Tactical skill level through Functional Integrated Training. Dynamic plyometric and functional exercises will improve coordination, muscular strength & endurance. Tactical conditioning drills will engage your body & mind as you learn practical self-defense strike combinations.



CORE:

There's more to the working the core than the basic crunch! This express class will target your abdominals, transverse abdominis, obliques, and lower back as well as improve posture, stabilization & balance with a variety of core exercises.

MUSCLE PUMP:

No choreography, just resistance training. You will use medicine balls, bands, stability balls, steps, Bosu's, Gliding discs, and weights to improve muscular endurance and muscular strength.

FLEX 'N' FLOW:

A beautiful fusion of dance, yoga, and resistance training. You will flex the muscles as the body flows through dance and yoga inspired movements. Enter the room ready for a unique experience and leave the room with the grace and ease of a dancer.

YOGA:

Classical Yoga. A discipline which promotes an emphasis on alignment of the entire skeletal system. This discipline, also known as Iyengar, will improve alignment and posture as well as strength and flexibility. Appropriate for beginners to advanced enthusiasts.



Hatha Yoga. A discipline which uses physical postures, breathing techniques, and meditation to bring the body into a healthier state and allow the mind to open more freely. This style is an easy-to-learn basic form of yoga.

Vinyasa Flow. A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Appropriate for intermediate to advanced enthusiasts.

Power Yoga. A discipline which stems from Vinyasa Flow and emphasizes movement, balance, and intuition. This dynamic, challenging yoga style is most appropriate for intermediate to advanced enthusiasts.

Sunrise Yoga. A beautiful way to start the day. Emphasis on opening meditation, basic yoga postures, yin yoga asanas, and a closing meditation. Appropriate for beginners to advanced enthusiasts.

Moonlight Yoga. There is a natural yin and yang to all in life and balancing these two facets brings about harmony and health. Emphasis on the "yin" style of yoga which targets the connective tissues and joints, builds muscular endurance, and develops concentration through breath control. Find balance in your life by finding balance in your body.

Yoga CRUNCH! This yoga class combines the discipline of Power Yoga and core training! A stronger core not only improves your yoga postures, but it also helps "tone" your midsection. You'll get two for one in this mind/body class!



PILATES MAT WORK:

Pronounced (Puh-la-teez). This mind & body discipline follows a series of movements used to deliver strength, flexibility, and endurance. Pilates Mat Work involves a variety of standing and floor movements. A great core class!

PILATES-YOGA FUSION:

Pilates & Yoga rediscovered. A whole-body practice that brings together the best elements of both disciplines: developing core strength, meeting fun challenges, learning Pilates on-target anatomical methods of freeing your body while combining the breath work and de-stressing movements of both.

OFFERING PILATES REFORMER SESSIONS!

INTERESTED IN OFFERING A FITNESS CLASS TO YOUR GROUP?

We bring fitness to you! Our certified fitness instructors and personal trainers will come to your location and provide your group with a personalized class or lecture. If you have additional questions, please call 621-8717.

Passes • Price Options

All passes valid August 31 - December 18, 2009.

Fitness Pass - \$79 (per semester)

Unlimited classes

Purchase your Fitness Pass at Recreation Services.

Must be a current Rec Center member to purchase a Fitness Pass.

One Class Pass - \$7

Valid to any one class

Purchase your One Class Pass at Recreation Services.

◆Faculty/Staff Fitness Pass Option (FSFP) - \$35

The ◆FSFP classes provide a sampling of our schedule and are designed to accommodate you before work or during noontime. This option is available only to current University of Arizona Faculty/Staff. Students are not eligible for this pass option. Rec Center non-members are limited to purchasing the FSFP for two semesters; current members may repeatedly purchase the FSFP. Limited schedule; may attend classes marked with diamonds only. Purchase your Faculty/Staff Fitness Pass at Recreation Services.