**GROUP FITNESS @ NorthREC: CLASS DESCRIPTIONS**

**Cardio & Dance**

**Cardio Dance:** An aerobic dance workout with easy to follow choreography. Whether you are brand new to dance or experienced, you will be sure to break a sweat and have a great time moving to today’s hit! 🎉

**Zumba®:** This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It’s a fun way to get the benefits of cardiovascular training, and get fit! 🎉

**Cardio & Strength**

**Bootcamp:** Looking for resistance and cardiovascular training all in one? Use equipment that utilizes full body exercises such as battle ropes, ladders, and boxes that will help you increase strength, endurance, flexibility and functional movement. This class is great for anyone wanting to get some variety out of their workouts! 🏋️‍♂️

**MetCon:** This class takes place on the new, state of the art Queenex! You will be pushing your fitness to the next level by using tools such as kettle bells, rowers, and med balls to burn calories and have fun in a high paced environment. 💪💪💪

**Sunrise Fit (Small Group Training):** Sunrise Fit takes a proactive approach to aging. Join a small group in learning a variety of exercises designed to improve quality of life as we age. Work to improve your mobility, flexibility, balance, and strength. All ages and skill levels are welcome to follow this progression for overall physical well-being. This class is still a progressive 8-week course and requires registration, but is now available to register for free for any Spring 2020 group fitness pass holders! 🌄タイミング楽しみに

**Challenge Race Training (Small Group Training):** Got a terrain or challenge race coming up but don’t know how to train? This training program will help you build the mobility, strength, and endurance necessary to tackle the challenge! You will be jumping, crawling, hanging, and swinging to a finish you can be proud of! This class is still a progressive 8-week course and requires registration, but is now available to register for free for any Spring 2020 group fitness pass holders! 🏃‍♂️🚴‍♀️🪤

**Strength & Core**

**Tempo Training:** In this full body workout, you’ll use high-energy music as your pacer while you build strength. Using light to moderate weight selection, this strength workout emphasizes proper alignment and form and is appropriate for beginner and experienced lifters alike. 💪💪💪

**Core & More:** Focus on your core strength and stability with this express class. This class will challenge the way you think about core training and take you beyond your normal floor crunches. Exercises are designed to challenge all of the muscles of the core to improve posture, balance, and overall body function.

**Core & Restore:** You’ll get the best of both worlds in this all-levels class. Using a variety of equipment, you’ll build strength and stability by incorporating exercises that are designed to challenge all of the muscles of the core. Then, you’ll complement your core strength with some designated time to build flexibility and help your body recover.

**Total Body Strength (TBS):** Strength training isn’t just for the weight room. This class will focus on using weights, med balls, and BOSU’s to blast calories, create lean muscle, and shape your body. Total Body Blast is a traditional weight training class.

**Suspension Training:** Use TRX, hanging bars, and bands to help increase strength and endurance. This class will get you moving on and off the Queenax to help you achieve your fitness goals in a fun and unique way. 💪💪💪

**Cycling**

**Cycle:** High-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval training, climbs, endurance work, and sprints. Training on a bike makes this workout low-impact, yet challenging. Make this class as intense as you wish- it is YOUR ride! 🚴‍♂️

**Ride & Roll:** Combine the benefits of indoor cycling with self-myofascial release in this opportunity that provides both. Building muscular strength and cardiovascular endurance on the bike, work through sprints, endurance work, climbs and interval training with this low-impact workout. After your ride use a foam roller to increase your mobility, flexibility, strength, and performance on and off the bike! 💪💪

**Ride & Recover:** Kev it up and then relax it down with this combined cycling, yoga, and stretching class. The class will begin on the bikes with a high-energy cardio workout and will end with a mix of yoga, stretching, and relaxation exercises aimed at building muscle strength, increasing flexibility, and relaxing the mind and body. Prepare to leave feeling relaxed and invigorated! 🌞🧘‍♀️

**Mind/Body**

**Restorative Yoga:** Restorative Yoga is a practice of stillness, deep relaxation and stress relief. In this class, poses will be held for anywhere from 5-15 minutes, fully supported by props such as bolsters, blocks and blankets. This class is perfect for any participant looking to learn more about meditation and/or relieve muscle tension through passive stretching. Comfortable clothing and socks are recommended for this passive practice. You will leave the session feeling open and refreshed. 🌱!

**Hatha Yoga:** An accessible class designed to stretch your body and focus on alignment, mindful movements, and steady breathing. This gentle flow will reconnect you with your focus. 🌱

**Vinyasa Yoga:** A discipline that uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Challenge your practice further by incorporating an indoor board available in the studio to improve your balance and core strength. Appropriate for all yoga enthusiasts. 🌱

**Happy Hour**

You’ve made it through the week and it’s time to start your weekend off right – join us every Friday from 5-6 pm for a different Group Fitness class. This class will vary from yoga and Pilates to HIIT and Tempo Training! This class is FREE and does not require a Group Fitness pass so bring your friend and workout together! Class list is available at the front desk or by checking our Instagram on Thursday @uacampusrecfitness to see what class will be offered that week.

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**Key**

- Classes are appropriate for all skill and fitness levels. Exercises can be modified to be seated, laying, or standing to fit the format of the class. Intensity is based on your comfort level and self-pacing.
- Exercises can be modified but minor portions of the format may provide a barrier to some participants. Moderate movement skills and intensities are programmed but can be adapted.
- Class is designed for higher intensity and movement. Modifications are provided, however depending on the format, there may be barriers. Higher intensities and skilled movements will be demonstrated and encouraged but are not necessary to the efficacy of the class. All levels of fitness are still encouraged to participate and intensity is based on your comfort level and self-pacing.

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Campus Recreation staff can provide a variety of accommodations and are happy to assist in any way possible. We partner with the UA’s Disability Resource Center as well as UA’s Adaptive Athletics department to support multiple programs and services in the Rec Center (regular practice and court time for Men’s/Women’s Wheelchair Basketball, Wheelchair Tennis and Wheelchair Rugby, and hosting various tournaments and events, as examples).

To request disability-related accommodations or for questions about Campus Recreation accommodations, please contact Natalie O’Farrell, Associate Director of Programs, at nfreeland@email.arizona.edu or (520) 626-4902.