

# Group Exercise

## Class Descriptions

### **BODYPUMP**

This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for (BODYPUMP EXPRESS is a 45-minute class).

### **BODYCOMBAT**

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, & muay thai.

### **CARDIO 'N' TONE**

This is the ultimate cross-training class that will maximize the amount of calories burned by performing basic, yet challenging athletic type moves that will raise and lower your heart rate.

### **CORE CONDITIONING**

An intense 30-minute workout designed to strengthen your core muscles. Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.

### **CORE POWER HOUR**

Challenge your core using a variety of props and exercises geared towards strengthening your powerhouse.

### **CYCLING (45 or 60 Minutes)**

The multi-terrain cycling ride is designed to develop skills and improve performance. This workout will focus on increasing aerobic and muscular endurance by encouraging fast pace as the instructor guides you through runs, jumps, intervals, sprints, and climbs.

### **BARRE**

Barre is a fun, energetic workout that fuses techniques from Ballet, Pilates and Yoga that will tone, define and chisel the whole body. The class combines strengthening and flexibility exercises with an added cardiovascular element utilizing the ballet barre and set to the beat of the music. All levels can dance together with intensity options to tailor an optimum workout for each individual.

### **KETTLEBELL**

Kettlebell class consists of whole-body movement exercises that deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness.

### **ROCK AND ROLL PILATES**

Access the deeper layers of your abs with Rock and Roll Pilates! Focusing on the rocking and rolling movements in pilates, we will seek maximum flexion and extension of the spine with the support of the Physioball.

### **SHOCKWAVE**

ShockWave is cross-training at its best! This circuit challenge utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target the legs, the core and the arms. "The most efficient total-body workout in the world." Capacity: 16

### **YOGA**

**Vinyasa Yoga** – Yoga poses are linked fluidly but held long enough for the student to adjust to a healthy alignment and mental awareness.

**Gentle Yoga** – Gentle yoga is a bridge between moving in flow and staying stationary. Gentle yoga equally strengthens and stretches, increasing flexibility and repairing muscles. You will focus on relaxation and controlling of the breathe.

**Power Yoga** – This is the high energy, powerful class focusing on alignment and personal awareness of the breath. The flow moves at a moderate pace and is athletic. You build strength while gaining flexibility.

### **ZUMBA**

Zumba fuses hypnotic international rhythms and easy to follow dance moves to create a dynamic workout that will blow you away! Experience salsa, raggaton, meringue, cha cha, belly dance, cumbia, and more. Come shake your booty with this one-hour aerobic dance party



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