

# Group Exercise

## Class Descriptions

### AQUA JOG

Deep Water Aerobics works in the diving well. Knowing how to swim is encouraged, but a buoyancy belt can be worn for flotation. Through the class we will go through the series of resistance, aerobic, and core exercises that can be tailored for intensity and modified for limitations. This class gives you all the benefits of the toughest aerobic workout with no impacts on bones, ligaments, or tendons.

### 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.

### 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 energetic 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.

### 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.

### FOAM ROLLING

Foam rolling is an effective form of self-myofascial release. It helps loosen muscles and promote mobility and flexibility. Foam rolling can also help prevent pain and injury.

### HATHA YOGA

This class is directed toward understanding the Self – beginning with proper alignment of the physical body in a wide variety of yoga postures. Yoga props are used to accommodate stiffness, pain or injury. The mind is actively engaged in making corrections to the postures so that the body learns to work more efficiently. The practice will blend strength and stretch, effort and ease, movement and stillness.

### H.I.I.T.

High intensity total body aerobic and strength conditioning workout. This class uses weights, plyometrics, and body weight to tone your body and improve your endurance.

### PILATES FUSION

Pilates fusion combines the alignment, core strength, and flexibility of traditional pilates and infuses it with higher repetitions, increased intensity, and isometric strengthening exercises for a full body sculpting experience.

### POWER YOGA

This dynamic and challenging yoga style is suite to all. Expand your practice and open up in this powerful flow class! Learn about the power of proper alignment, breathing and the benefits it can provide.

### VINYASA YOGA

A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy.

### YOGA SCULPT

A total body workout that is based in traditional yoga poses, but also incorporates light weights to tone and sculpt. Get ready to incorporate the best elements of cardio, weight training, and stretching into one upbeat class!

### ZUMBA

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



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