

NP SUNY NEW PALTZ WELLNESS & RECREATION



Group Fitness Class Descriptions

Cycling - Take a ride that's worth every drip of sweat and every breath of air. This powerful and moving class focuses on cardiovascular conditioning, burning calories and increasing endurance. Let the music move you whether you're a beginner or old cycling pro.

Yoga Level 1 - A gentle introduction to yoga taught specifically for beginners. This class seeks to teach proper alignment and action in each posture in preparation for higher level classes.

Yoga Level 1-2-A beginner's yoga class with an introduction to some more challenging variations and postures.

Yoga Level 2-An intermediate class that is designed for someone who has developed a well rounded yoga practice and wants a bit of a challenge!

Vinyasa Yoga - 60 minute Power Flow Vinyasa class in which you will be reminded to bring your attention to *your* body and *your* breath... because after all, this is *your* practice. Accessible to everyone, regardless of your flexibility or level of fitness. Yoga provides you an opportunity to heal- not just physically, but also mentally and emotionally- and to achieve vibrant health and balance effort, awareness and breath.

"Feel the Burn"- Based on the knowledge that muscle burns fat, this class will take you into the next level of fitness. By utilizing dumbbells, bodyweight, other tools of resistance, and moving along to the music, you will learn proper form and technique so that you can build your muscles and build a strong, shapely physique.

willPower & grace™ - willPower & grace™ is a dynamic mosaic of the industry's most popular (and most effective) group exercise workouts. Think "pilates meets boot camp".

BOSU - This class fuses cardio, weight training and balance work into the hour leaving you feeling the burn and seeing the results.

Absolute Abs-This barefoot fitness program focuses on strengthening the core by improving balance, joint mobility, and flexibility with a strong emphasis on sculpting the abdominal and lower back muscles.

Dance Groove-This class is comprised of Latin, funk, and pop dance routines that will give you a great workout without it feeling like "work". Warning! Participation in this class may cause you to experience increased mood, a boost in self confidence and an uncontrollable urge to change the world for the better.

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

Jujutsu -teaching students of all experience levels how to defend themselves, while simultaneously focusing on muscle toning and cardio exercises

All Cycle classes are in Room 107. You must sign up for all classes at the Front Desk no more than 30 minutes in advance.

All other classes unless noted are in the Dance Studio, EG 203.

