



SUN

BRIE 7:15pm

 rec@gvsu.edu

REC

YOGA

Relax and reduce stress through deep stretches and mindful breathing! Yoga mats, blocks, straps, blankets, and foam rollers may be used in this class.

PIYO

(PILATES AND YOGA)

The best of both worlds! This class incorporates both Pilates and Yoga into one class to strengthen, stretch and relax the entire body. Yoga blocks, yoga mats, Pilates rings, resistance straps, yoga straps, or foam rollers may be used over the course of the semester in this class.

SLOW YOGA FLOW

This is a vinyasa style class where postures are held longer to allow for time to understand and feel how the body should be aligned. Yoga mats, yoga blocks, yoga straps, and blankets will be available to participants for use in this class. This class is great for Beginner to Intermediate yogis.

POWER YOGA

An energizing and athletic practice using a set sequence of postures to stretch, strengthen, and detoxify the body and quiet the mind. You will build endurance as well as strength and flexibility in this class.

BEGINNING YOGA

Beginning Yoga will introduce all aspects of traditional yoga with additional time for restorative (holding) poses and dynamic (moving) poses and meditation. This IS NOT a one time class. We encourage you to attend consistently to develop your own practice and grow as a group! *This class is not required in order to attend any of the other offered yoga classes*

SUNRISE YOGA

In the yogic discipline, the morning is considered as a "divine time" and is when an individual's spiritual energy is at its peak. Breathe deeply and experience an energizing flow sequence with emphasis on strength, balance, alignment, along with breathing techniques. This class provides the perfect way to start your day grounded, focused and clear.

VINYASA YOGA

Vinyasa is a flowing, dynamic yoga practice that cultivates presence by connecting movement with breath. Most classes feature several elements of traditional yoga—including sun salutations, standing poses, preparation for arm balances, dynamic stretching, and pranayama (breathwork). This practice will build strength, aid balance, while reducing stress and increasing vitality.

INVERSIONS YOGA

In this class you will be guided through a beginning warm-up series to help build some heat before the class transitions into a "work-shop" mode. You will have the opportunity to work one-on-one with an instructor on inversions such as head-stand, hand-stands, and fore-arm stands. No prior experience in inversion practice is needed as this class is beneficial to both experienced yoga practitioners, as well as beginner students.

SPIN®

SPIN® classes use a stationary indoor bike to create a simulated bike ride. The instructor will lead riders through hills, flats, intervals and more to create a safe, effective, and fun cardiovascular workout. Formats can range from strength, interval, to endurance based on the preference of the participants and instructor!

INTRO SPIN®

Intro to SPIN® classes are recommended for those who are new to SPINNING® so riders will learn how to set up their bike, monitor exercise intensity, and use resistance and cadence to vary their workout intensity. This class is a 45 minute tutorial class that is HIGHLY recommended but not required to anyone new to SPINNING® to ensure safety and maximum fitness results. Intro to Spin will become Low Intensity SPIN® halfway through the semester.

LOW INTENSITY SPIN®

If you're new to SPINNING®, beginning or returning to an exercise program or just looking for a lower intensity, non-impact workout, this class is for you. With an extended warm up, and strategic movement pattern, you'll gradually increase your heart rate. Modifications will be provided so you can work at your own fitness level. (This class will replace Intro to Spinning on Mondays, 4:30pm -5:15pm beginning halfway through the semester.)

ENDURANCE SPIN®

Endurance SPIN® includes light to moderate resistance, short recovery times, higher fat metabolism, and a lower resting heart rate to challenge the cardiovascular system and build a foundation for endurance. Exercise Intensity: 65-75% of maximum heart rate

STRENGTH SPIN®

Steady, consistent pedaling with moderate to heavy resistances to develop the lower body muscles and challenge the cardiovascular system to promote power. This class is ideal for becoming a stronger rider, as well as building to your already established fitness base. Exercise intensity: 75-85% maximum heart rate.

SPIN® & CORE

This combo class will consist of a quick and high intensity SPIN ride, followed by some core work! Stationary bikes, med balls, dumbbells, and exercise balls will be used throughout the semester.

INTERVAL SPIN®

This class will involve increasing and decreasing the heart rate by following periods of intense activity with active recovery. Interval training is a critical component of any training program, you don't want to miss out! Exercise Intensity can range from 65-92% of maximum heart rate.

INTENSITY LEVEL



LOW



MODERATE



HIGH

G3/G3 EXPRESS

Develop a strong core, gluteus, and arms by utilizing equipment and your own body weight. Expect a combined strength and cardio workout! Equipment that may be used includes weighted bars, hand weights, resistance bands, towels, mats, stability balls, and steps. Try out G3 Express for a condensed version of this same great format!

HIIT/QUICK HIIT

High Intensity Interval Training. With HIIT, you get an efficient workout that creates afterburn, so your body keeps using energy even after you've stopped training. Expect quick bursts of cardio followed by rest or active recovery. Modifications are always provided, so any and all fitness levels are welcome.

TURBOKICK®

TurboKick® is a class that utilizes movements from kickboxing, boxing, and hip hop style moves to create a constant "party" while you workout. This fast paced, high-energy class is pre-choreographed and will keep you coming back for more!

CORE

This is an express class that will get those core muscles burning! Expect something different and creative every week, using a variety of exercise equipment.

R.I.P.P.E.D.™

R.I.P.P.E.D.™ is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the R.I.P.P.E.D.™ workout ensures maximum results, with participants burning 750-1000 calories in a single 45-minute workout. R.I.P.P.E.D.™ is constantly challenging but never, ever boring.

ZUMBA®

This easy-to-follow, Latin and hip-hop inspired, calorie-burning dance fitness class is a dynamic and exciting way to train the whole body. This class features aerobic, interval, and toning techniques to sculpt your body and have a blast while doing it. Ditch the workout... Join the party with Zumba!

BOOTCAMP

In this interesting and ever-changing format, you can expect strength, cardio, agility, and endurance work to improve your overall fitness. Different equipment will be utilized in every class, from dumbbells to agility ladders, Bootcamp will keep you guessing.

BARRE

This new and dynamic format is a fusion of posture combinations inspired by ballet, yoga, and pilates. Isometric strength exercises are used to contract a specific set of muscles while light handheld weights, resistance bands, and pilates balls are utilized to bring the burn with several reps. Mats are also used for targeted core work.

TRIPLE THREAT

Three dynamite formats packed into one intense class! It will be a combination of strength, cardio and core - but every week will be a surprise! SPIN bikes, kettlebells, dumbbells, resistance bands, jump ropes, medicine balls and more may be utilized in this class.

CIRCUIT STRENGTH

Improve your muscular strength and endurance with this circuit style class. This class uses dumbbells, kettlebells, steps, and more to train your entire body.

GROOVE®

If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this fitness dance program. Experience a fusion of all genres of music to express yourself through dance and feel confident while doing so. Get a move on with GROOVE!

KICKBOXING

A cardio and strength based kickboxing class including both upper and lower body training. Expect kicks, punches, and drills! This class is perfect for anyone, beginner or expert!

LUNCH CRUNCH

Lunch Crunch is a quick daytime class which focuses on core strength. This class can change every week, utilizing equipment such as medicine balls, dumbbells, sliding disks, resistance bands and more!

CARDIO & CORE

Improve your overall cardiovascular fitness while strengthening your core! This class ensures to get your heart rate up and deliver a fun and effective workout. Some equipment will be used such as steps, dumbbells, jump ropes and more



CLASS DESCRIPTIONS

TRX®

TRX®

Build your core, increase muscular strength and endurance, and work on your flexibility and balance with the TRX® Suspension trainer. TRX® training is effective for any fitness level as it focuses on using your body weight against gravity. Join us to have some fun on the suspension trainer and learn the 100's of exercises you can do on just one piece of equipment!

TRX® STRENGTH

This class will be a class focused on building strong upper body, lower body and core muscles all on the TRX straps! Get ready to feel the burn!

SPIN® & TRX®

Enjoy a class that includes a challenging and effective SPIN® ride combined with strengthening exercises on the TRX®! All experience levels welcome, come learn the ins and outs of two amazing formats. See you at SPIN®/TRX®!

TRX® CIRCUIT

TRX® circuit is similar to a traditional TRX® class but you can expect to be always moving! Various fitness equipment, body weight exercises, and even the track will be used in this class!

TRX® CORE

Take it to the next level with TRX® Core! Using the TRX® suspension trainers we will challenge and strengthen your core muscles. Come ready for a high intensity and up beat class