

# CLASS DESCRIPTIONS

## **Spinning:**

An indoor stationary cycling class that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardiovascular fitness class is held in a fun environment with music that will move you! A great alternative to traditional group fitness classes.

## **Knockout Workout:**

You will see yourself jabbing, blocking, kicking, and sweating in this total body workout. This class combines boxing and kickboxing type movements with aerobic dance and interval training for a challenging change of pace.

## **Step & Step 'N' Sculpt:**

This class uses the step to increase intensity and give you an excellent workout. If done properly, step is very low impact, but increases the heart rate to give you a cardiovascular training effect. Step 'N' Sculpt includes a resistance training segment.

## **Step Interval:**

Step Interval alternates power step moves with upper and lower body strengthening exercises using light weights. This total body workout is followed by abdominal work and a stretch and relaxation segment. Appropriate for all fitness levels.

## **Cardio Combo:**

A little bit of this and a little bit of that will be used in this one unique class. You may experience any type of class we offer such as Step, Low Impact, or even Knockout Workout. A great way to add a little variety to your fitness program!

## **Jazzercise & Jazzercise Step:**

The Jazzercise floor class combines the total body conditioning benefits of aerobics with the fun of dance. Jazzercise Step uses the step to take you to a new level! Classes are taught by a certified Jazzercise instructor who will lead the participants in the latest choreography by Jazzercise founder Judi Sheppard Missett.

## **Water Aerobics:**

Come splash with us! The combination of shallow and deep water exercise gives your body a total workout with little impact and joint stress. Workout intensity is moderate to vigorous and is appropriate for beginning to experienced exercisers. See you there!

## **Ripples:**

Gentle movement in shallow water is ideal for relieving joint pain or beginning a new exercise program. A great aerobic, muscular endurance, and joint flexibility session of low to moderate intensity in a comfortable, relaxed environment.

## **Tai Chi:**

Explore this ancient Chinese system of movement that improves health, posture, mental focus, grace, agility, and stamina.

## **Pilates - Mat Work:**

Pilates mat work is a conditioning program designed to increase body awareness, improve alignment and breathing, and build endurance, flexibility, coordination, and strength through a highly focused flow of movements.

## **Yoga Basics:**

If you are new to yoga, this class is for you. The basic elements of yoga, such as alignment, breathing, concentration, and postures, will be taught with the novice in mind.

## **Baby Boomer Yoga:**

Stiff Joints? Achey? Stressed out? Do we have the class for you! Gentle and relaxing yoga is the perfect remedy for a body feeling a little wear and tear. A perfect way to newly experience yoga and de-stress mind and body. All ages welcome.

## **Yoga:**

We currently offer four styles of yoga - Kripalu, Svaroopa, Sivananda, and Vigorous Flow. All classes consist of breathing exercises, yoga postures and deep relaxation. Vigorous Flow is not appropriate for beginners. For more information, visit the Wellness website at [www.cornell.edu/wellness](http://www.cornell.edu/wellness).

## **Kripalu DansKinetics®**

COME DANCE! Discover the joy of being at home in your body. Reveal your grace and vitality with playful, soulful movement ranging from meditative yoga to wild exhilarating dancing. Rejuvenate to the beat of great music from around the world.

## **Tae Kwon Do:**

Through the Korean martial art, you'll learn to kick, block, and punch while developing basic self-defense skills, balance, and coordination. Tuesday classes are beginner/intermediate. Thursday classes are advanced.

**For the latest updates on classes, join our Group Fitness e-mail list and/or visit our website:**

**[BigRed2.athletics.cornell.edu/cfc/](http://BigRed2.athletics.cornell.edu/cfc/)**