Group Fitness Class Descriptions

- **Abs Express** – This 20 minute class is designed to help target and strengthen all of your abdominal muscles as well as improve your lower back strength. It is designed for people of all fitness levels. (Class Limited to 50 people)

- **Bags** – The objective of this class is to have a great workout and relieve stress all at the same time. This class will increase flexibility, coordination and stamina all while punching and kicking on a bag. Hand protection is required and can be purchased at the Front Desk. (Class limited to 50 people)

- **Boot Camp** – This fun, dynamic class uses circuits to improve strength, agility, balance, core and conditioning with the use of BOSUs, Speed Ladders, Medicine Balls, Versa Discs, Jump Ropes and more. (Class limited to 30 people)

- **Boot Camp X** – This class combines traditional boot camp exercise and plyometrics for a more challenging and fun workout. (Class limited to 30 people)

- **Kickboxing** – This class the training routines of kick boxers to teach you how to use your hands and feet to defend yourself while increasing, coordination, speed, and stamina. (No bag, Class limited to 65 people)

- **Pilates** – Improves your core strength, posture, coordination, sense of balance, joint mobility, stamina, and relieves stress while focusing on your body’s movement and breath. (Class limited to 50 people)

- **PiYo®** - A challenging class using continuous movements that are a blend of Pilates, Yoga, sports stretch, dance stretch, and athletics that will help you burn calories, build muscle and increase flexibility.

- **Spin (Indoor Cycling)** – This class uses our awesome Le Mond Stationary Bikes that are designed to suit you no matter what your fitness. You can ride at your own pace for first timers or ride like the wind for the highly trained athletes. (Class limited to 14 people)

- **Sport Training** - Improve your athletic skills by increasing strength, agility, balance, core and flexibility using sport specific exercises, and a variety of equipment.

- **Step** – This classic workout uses choreographed combinations on a step to provide an upbeat cardio workout unlike any other floor dance class! (Class Limited to 35 people)

- **Strength Training** – This class will burn fat and build muscle while using dumb bells, resistance bands, bars, medicine balls, and stability balls as well as other equipment. This is a great class to jumpstart your workout! (Class Limited to 50 people)

- **Tone-It-Up** – This class will add a little excitement and variety to your weight training routine. It focuses on a total body workout for all of the major muscle groups using Steps, Body Bars, and Dumbbells. (Class limited to 22 people)

- **Yoga** – This class will cultivate physical and mental balance using classical yoga poses. The goal of this class is to improve physical health, strength, flexibility, balance and, most importantly to improve your state of mind. (Class Limited to 50 people)

- **Zumba 101** – A short class to go over Zumba moves at a slower pace for beginners.

- **Zumba®** - This hot new class will give you a great workout without you even feeling like your exercising! Come experience a fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. (Class Limited to 65 People)

For additional information, please contact
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