Group Fitness Class Descriptions

**Aqua Zumba®** - Get ready for a “pool party!” Enjoy a low-impact, cardio and strength workout while groovin’ to hip, Latin and International beats. This class will cause a splash!

**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.

**Pilates** - What class do you know that will help improve your posture, coordination, sense of balance, joint mobility, stamina, and relieve stress all in one. Come try our Pilates class and find out. *(Class limited to 48 people)*

**Shallow/Deep Water Aerobics** - Come Join the fun in this low impact cardio class. You will get an overall workout training all of your major muscle groups with the use of gyros, dumbbells, steps and more all while splashing in the water. This class is for all fitness levels.

**Spin** - This fun class is on a stationary bike that is designed to go at your own pace for first timers and highly trained athletes. No matter what your fitness level you will have an excellent and exciting workout. *(Class limited to 14 people)*

**Step** - High Intensity Aerobics involving both Simple and Complex Combinations. Adjustable step heights allow beginner and more advanced fitness levels to customize their own workouts. *(Class Limited to 35 people)*

**Tone It Up** - If you need to add a little excitement and variety to your weight training routine, than come and try Tone-It-Up. This class will focus on a total body workout that concentrates on all the major muscle groups. Steps, Body bars, light Dumbbell work included. *(Class limited to 22 people)*

**Yoga** - Cultivate a practice of physical and mental balance using classical yoga poses. The goal of the practice is to improve physical health, strength, flexibility, balance and most importantly, improve your state of mind. *(Class Limited to 48 people)*

**Zumba®** - Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. *(Class Limited to 48 People)*

**Zumba® 101** - An introduction Zumba® class that will breakdown the most popular Zumba® choreography step by step

For additional information, please contact Heather Kirkes at heatherkirkes@ou.edu or (405) 325-3053.

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