Fit Pass Class Descriptions
Fall 2016

**Barre (PLEX and CENTER)**
Instructor: Emily  
Day/Time: MON @8am at Plex & WED @8am at Center  
Barre is a total body workout that incorporates ballet technique with strengthening exercises. You can expect to sculpt and tone muscles while improving flexibility, posture and strengthening your abdominals. No dance experience necessary!

**Bollywood Bhangra**
Instructors: Maitri and James  
Day/Time: MON & WED @7pm  
This class features 50 minutes of both aerobic and high intensity exercises incorporated into Bollywood-style choreography and music. This class combines the culture and energy of Indian contemporary dance with strength and toning exercises that will not only give you a great workout, but will be lots of fun!

**Booty Boot Camp (PLEX)**
Instructor: Maggie  
Day/Time: TUE @5pm at Plex  
Booty Boot Camp is a fast paced 50-minute class that involves cardio dance and strength exercises. No dance experience necessary, come join us on Tuesdays and Thursdays to drop it like it’s hot and have a killer time! Why be moody when you can shake that booty?!

**Circuit Craze**
Instructor: Cassidy  
Day/Time: FRI @10am  
Circuits Craze is a fun and fast-paced class designed to get your heart pumping and keep you engaged. This is done through a series of full body circuits or stations that are a mix of cardio and strength training, no longer than a minute each. Exercises are changed week-to-week to keep the class exciting. This class is great for anyone and everyone, for there are always ways to modify the exercises so everyone can participate.
Core Conditioning
Instructor: Leah
Day/Time: TUE & THU @5pm

This is a total body strengthening class involving each main muscle group of the body to set the stage for a strong and stable core! These strength workouts utilize body weight exercises, stability balls, weights, and bands. Get ready to challenge yourself!

Full on Fitness
Instructor: Aidan
Day/Time: FRI @11am

Full on Fitness is designed to increase your endurance, strength, and flexibility. This class is composed of only body weight exercises and can be performed no matter what your fitness level is. This class is a solid 50 minutes long, giving you plenty of time to build up a sweat!

Pilates
Instructor: Hannah
Day/Time: TUE & THU @7pm

Pilates is a challenging but low-impact strength and flexibility workout, which will create long, lean muscles and condition the total body. Traditionally, Pilates develops control and strength of the core, strengthening back and abdominal muscles as well as toning the shoulders, triceps, inner thighs, legs, and hips. Perfect for athletes or on its own, Pilates creates a strong, stable foundation that will prevent injury, improves body alignment and posture, increases flexibility, and helps you de-stress. This class will make you energized, increase your stamina, and transform your body to one of balance and strength.

Vinyasa Yoga
Instructor: Clara
Day/Time: FRI @4PM

Power Yoga will help you build strength, increase flexibility, and find focus using regular yoga poses fused into cardio and strengthening exercises. This class will often use light hand weights for yoga sculpt, set to energizing music and designed to tone and sculpt every major muscle group while creating resistance and intensifying each pose.
**Yoga Sculpt (PLEX)**
Instructor: Maddie
Day/Time: MON @12pm & THU @5pm at Plex
   A total body workout that complements your regular yoga practice while pushing your strength and flexibility to new heights. Free weights are added to a normal power yoga class sequence, creating resistance and intensifying each pose. This class is set to fun, up-beat music while also incorporating strength-training exercises such as squats, lunges, bicep and tricep curls and cardio as well. Come sculpt with me!

**Zumba**
Instructor: Casey D.
Day/Time: MON & WED @4pm
   Come get your fit on with this easy to follow high intensity dance fitness class that infuses Latin culture with today's top charting hits that is sure to leave you sweating and feeling great!

**Zumba**
Instructor: Jesi
Day/Time: FRI @3pm
   Enjoy a fun and easy way to exercise to a variety of top chart hits and Latin-inspired music!

**Zumba**
Instructor: Kathleen
Day/Time: TUE & THU @4pm
   Get ready to dance along to top hits with fun and energetic routines that are sure to get your body moving and your heart pumping! Some classes will even involve weights to help you gain strength and tone your muscles!

**Zumba**
Instructor: Yamilett
Day/Time: TUE & THU @6pm
   Get in shape by dancing to Latin-Inspired music and choreography and enjoying a high energy workout that's fun and easy to learn!

**Zumba (PLEX)**
Instructor: Diana
Day/Time: TUE & THU@12pm at Plex
   Join the party with a Zumba class made for everyone. Get ready to dance and sweat to a bumpin' mix of old and new music!