

Group Fitness Class Descriptions

Please note all class formats described below are not always on the Group Fitness Class schedule. Instructor and studio availability assist in determining the class schedule each semester.

Cardio:

Cardio Dance: Cardio Dance offers easy-to-follow dance moves to popular music that will be sure to get your heart rate up. No dance experience necessary for this high energy dance class.

Cycle*30/45/60: The ultimate indoor cycling experience! Follow your instructor through a variety of drills such as intervals, speed, and hill climbing. Not only will this class get you sweating but will give you a great leg work out too! *30, 45 and 60 minute options.

Hydro Fit: A 45 minute full body deep and shallow water workout that mimics land moves. This class utilizes buoyancy belts, noodles and water resistance to implement cardio and strength work.

Hydro HIIT: A 45 minute deep and shallow water workout. This class utilizes buoyancy belts, noodles and water resistance to implement a challenging cardiovascular workout. High intensity interval training techniques will be used to maximize the time in the water!

Kickboxing: A great cardio workout mixing boxing and aerobic techniques to keep you active for the entire class! This is a great workout for those looking for a fun and effective alternative to the typical group fitness class. While this class is primarily a cardiovascular workout, toning and strengthening exercises will be worked into the combinations. This is great for a beginning or seasoned exerciser. A towel and water bottle are encouraged!

Step: Step is a cardiovascular workout that focuses on coordination with fun combinations! Every week, you'll learn new steps and combinations. Shuffle, turn, curb walk, and L-step your way to a healthier you.

Strength:

Barre: Following the same outline each class: with a warm-up, sculpting arm series, toning thigh series, lift and tone glutes, strengthening abdominals and ending with a cool-down, this class will consist of small, concise movements to assist in developing lean muscle mass. Each phase of work will be followed by stretches to target the previous muscle group(s) worked. No dance background is needed; basic ballet terminology will be incorporated with instruction on technique and proper form and alignment. This upbeat, fun workout is just what you need to energize your day!

Core: Come join us for this popular strength workout. This class consists of various exercises designed to strengthen the core to aid in posture and increase muscular strength and endurance.

Hydro Strength: A 45 minute deep and shallow water workout. This class utilizes buoyancy belts, noodles and water resistance to mimic land movements targeting the major muscle groups in the body. This class is a great alternative to the traditional weight training strength routine and offers a low impact workout for the body!

Sculpted Legs: Strengthen and tone your legs in this express, 30 minute intensive workout, focusing on all muscle groups in the lower body. Using your own body weight, resistance bands, dumbbells and more to tone your glutes, hamstrings, quadriceps, inner and outer thighs and also your calves, pair this class with Sculpted Arms as a part of your regular workout routine to see total body sculpting results!



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Sculpted Arms: Strengthen and tone your arms in this express, 30 minute intensive workout, focusing on all the major muscle groups in the arms and upper body using body weight, resistance bands, kettle bells, dumbbells and more. Pair this class with Sculpted Legs as a part of your regular workout routine to see total body sculpting results!

Fusion Classes:

Seahawk Pump: Seahawk Pump is a 60 minute barbell class, which will sculpt, tone and strengthen your entire body, fast! Challenge all of your major muscle groups while you squat, press, lift, and curl, even adding some short cardio exercises throughout to keep you focused all class!

Boot Camp: Boot Camp integrates cardio and full body strength movements. This workout uses circuit training and athletic drills to enable you to make the most of your time and maximize your energy output.

Core+Foam Rolling: Strengthen your core during the first half of this class and end with an educational and beneficial session of guided foam rolling. Learn the importance of maintaining core strength during your workouts and daily life, while also taking time to stretch and foam roll to decrease soreness from your intense workouts. Great class for those experienced or new to foam rolling.

Core Fusion: Core Fusion is a high energy mix of cardio and strength work. Workouts will vary weekly using different pieces of fitness equipment and bodyweight exercises to maximize your workout, while working on core stability. This class is great for someone looking to begin a new fitness routine or shake up their existing routine!

H.I.I.T: An intense cardio-based workout that incorporates high impact interval training. Your instructor will coach and motivate you through a challenging workout using both circuit and tabata style formats.

Step+Sculpt: Combining two great workouts into one convenient class! Spend 30 minutes ramping up your heart rate to fun and easy-to-learn step routines followed by a 30 minutes full body strength workout. Perfect for those who want to fit a high powered workout into a short amount of time! Great for all levels.

Total Body Circuit: Total Body Circuit integrates cardio and full body strength movements. This workout uses circuit training and athletic drills to enable you to make the most of your time and maximize your energy output.

Zen Cycle: A physically demanding cycle class which ends with a mentally relaxing yoga class. The yoga poses in this fusion class will help stretch and relax the hamstrings, low back and shoulders, all areas typically tight after cycling!

20/20/20: This class varies by instructor. It is a great fusion class, combining Cardio, Strength and Mind/Body all in one class! Sample 20 minutes of each format in one hour. This class could include use of the step, gliders, resistance bands, the bosu®, stability ball and much more! Great for someone new to fitness or someone looking for a new routine!

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Mind/ Body:

Foam Rolling: Learn the importance of rest and recovery, while also taking time to stretch and foam roll to decrease soreness from your intense workouts. Great class for those experienced or new to foam rolling.

Pilates: Pilates targets core conditioning. This class starts with light stretching focusing on warming up and elongating the spine, followed by challenging mat series exercises that will have you working up a sweat in no time!

Power Pilates: Similar to Pilates, Power Pilates targets core conditioning. This class will begin light stretching focusing on warming up and elongating the spine, followed by mat series exercises with advanced progressions for amping up your typical Pilates class. Conclusion of the class will still include both mind and body relaxation techniques.

Power Yoga: A more energetic yoga class, incorporating traditional poses with longer holds in each position and a quicker flow series from pose to pose. This more intense yoga class will still focus on fundamental principles of breath and alignment and how to link the two. Options for avoiding injury and varying levels for advancement of positions will be given so each class can allow all levels of Yogis to enjoy. This class is most suited for those looking for a more vigorous workout, while still including a mindful flow.

Yoga Flow: Flowing through traditional yoga poses, this class will focus on fundamental principles of breath and alignment and how to link the two. Options for avoiding injury and varying levels for advancement of positions will be given so each class can allow all levels of Yogis to enjoy. This class will cover everything from basic, beginner level poses to poses for restorative, energizing and power yoga.

Yoga Relaxation: This gentle yoga class will take you through various body opening, loosening and stress relief poses. This class focuses on slow stretching and longer holds while relax not only your body, but your mind as well. Leave this class totally relaxed and feeling renewed. Open to all levels of Yogis; great for beginners.

Yogalates: Yoga and Pilates come together in this fusion class designed to strengthen and tone the body while, improving flexibility, mindfulness and core strength. This class has the best of both Yoga and Pilates, invigorating you while working your entire body, from head to toe. Great for those new to yoga and Pilates or those already taking traditional Yoga and Pilates classes.

Express (EXP) Classes:

A thirty to forty-five minute express class will allow you to fit a quick workout in when you don't have a full hour. These express classes are also great options for those unfamiliar with class formats and can be used to get a good idea of what each format consists of. Express classes are denoted on the schedule with (EXP).

