

FITNESS

drop-in group exercise

STEP

STEP IT UP

Intermediate level intensity and choreography. Includes muscle toning.

POWER STEP

This high-energy interval class adds power to your already elevated heart rate by including high intensity athletic intervals between step choreography.

ADVANCED STEP

Complex choreography, extended aerobic segment, minimal floorwork. (No first-time steppers, please!)

AQUATIC

DEEP WATER WORKOUT

Participants use aqua joggers to maximize their deep water workout...impact free! (Participants should feel comfortable in water 14 feet deep.)

AQUA TONE

Use the water's natural resistance to improve cardiovascular fitness, muscular strength, and endurance while decreasing stress on joints. (Swimming skills not required: water depth 4 feet.)

DEEP WATER RUN

When properly performed, deep water running is a viable form of cross training for the athlete who cannot run or for the person who desires low impact running.

STRENGTH/STRETCH

H.A.B.I.T.

Hips, **A**bs/**A**rms, **B**ack/**B**uns & **I**ncredible **T**higs. Hand weights, tubing, balls and more help you strengthen and tone all major muscles, increase metabolism, and improve flexibility with an extended stretch. No cardio included.

A.B.S.

Abs & **B**ack **S**trength. Give your abs and back muscles a hard core workout.

STRENGTH/STRETCH

YOGA FLOW

The flow-yoga method fluidly links Hatha yoga poses together in a safe, effective way which emphasizes strength, endurance, athletic performance, balance and postural alignment. All levels welcome.

GENTLE YOGA

This class is designed for anyone who would like to experience the serene, healthful benefits of yoga gently and without strain. Basic yoga positions used to build strength, flexibility and a strong foundation. This simple approach makes yoga accessible to everyone, including beginners.

YOGA BLEND

This class is a mix of beginner and intermediate poses. Different variations and progression of poses offered to accommodate participants of all levels that will challenge your strength, balance, and flexibility while still emphasizing relaxation and the mind/body connection.

NIA

An expressive cardiovascular class that serves to strengthen the physical body, enliven the spirit, and create a sense of wholeness and balance. NIA combines Yoga, T'ai Chi, martial arts, modern and ethnic dance.

PROP PILATES

This class will incorporate balls, bands, and/or blocks into basic pilates exercises in order to strengthen your core muscles. Each class will focus on proper body alignment, breathing, coordination, and relaxation.

SPECIALTIES

HAPPY HOUR (FRIDAYS)

Exciting, creative variations of drop-in classes (posted on Mondays)!

KICKBOXING (KB)

This class sets basic boxing and kickboxing moves to music. Work on strength, endurance, balance and coordination without physical contact. An intense workout!

SPECIALTIES

TRIPLE TRAINING

Don't have much time? Come get a well-balanced, effective and efficient workout. This class will incorporate all three components of fitness (cardio, strength and flexibility) in one hour!

W.A.H.O.O.

Want An Hour of OOMPH? Formerly T.B.C., this class will use body bars, core boards, balls, gliding discs and more for an hour of high intensity exercise. Cardio intervals and strength training components combine for a whole lot of OOMPH!

INDOOR CYCLE

The ultimate indoor cycling experience! Follow your instructor on a simulated ride through various terrains, while controlling your own resistance level. Race through drills, hills, flats and jumps.

Xtreme Cycle: A high-intensity, longer duration version of traditional cycling class that will truly challenge your cardiovascular system and help to build endurance.

DANCE PARTY

This cardio-based dance class will keep your heart pounding to the latest dance mixes. You'll learn energetic choreography and moves that will have you amazing your friends on the dance floor.

KUKUWA DANCE

This workout is Latin, African and Caribbean Dance Aerobics, LAC®. It is a low impact/high energy choreographed dance aerobic workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. It is open to participants at all fitness levels.

ZUMBA

Zumba is a dynamic, exciting, and effective fitness class that utilizes a mixture of body sculpting movements and easy to follow dance steps set to a fusion of Latin and International music. This workout targets the glutes, legs, arms, abdominals and the most important muscle in the body...the heart! Zumba is designed for everyone—no dance experience necessary.

Drop-in schedules available in Group Ex rooms & online: <http://www.virginia.edu/ims>