



Fall 2009 U-Move Fitness Class Descriptions



- Ballroom:** Paint the town red! Couples and singles can learn Ballroom, Swing, Foxtrot, Polka, Tango and much more! Whether you are a beginner looking to learn how to swing or looking to improve your skills for the upcoming wedding, this class will cover it all.
- Beginning Swim 1:** Are you unable to float or swim? This class teaches breath holding, floating, rhythmic breathing, kicking, front and back strokes, jumping in, and basic water safety skills. Beginning Swim I is designed for the adult with little or no swimming skills. A goal for this class is to be able to swim a length (25 yards) and feel comfortable in deep water. Safety skills and the development of basic strokes for distance swimming are stressed. This class will prepare you for advanced activities around the water. Goggles recommended. **First Class Monday Sept. 14**
- Beginning Swim 2:** Beginning Swim II is for students who are already comfortable in the water and who can swim across the pool (the short way). The course works on building endurance and improving technique in freestyle, backstroke, elementary backstroke, breaststroke, sidestroke, butterfly, diving and treading water. Flip turns and other activities will be offered as skills advance. Goggles recommended. **First Class Monday Sept. 14**
- Belly Dancing:** Belly dance is a fun and exciting form of exercise. In this class you will build grace, strength and flexibility with an emphasis on working the core muscles. Good posture and basic steps will be covered. All fitness levels welcome. Please wear comfortable clothing. Dance shoes or ballet slippers are recommended but not required.
- Boot Camp:** Challenge yourself with an intense, full body workout using military-style routines, plyometrics, and sprinting drills. There's no better all-around workout!
- Butts N Guts:** This class is a toning and sculpting class for the entire body. You will not only work your abdominals and gluts, but also your legs, back, etc., using free weights, bands, exercise balls, bosu balls, and body bars for added resistance.
- **New**** You + Stability Ball + Drumsticks + Music = An Amazing Workout Experience! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. This workout for your entire body, mind and spirit combines traditional aerobics with the powerful beat and rhythm of the drums. Drumming rhythms on your stability ball with drumsticks not only works your body, but frees your spirit.

****New****

Flirty Fit:

Want to let loose and spice up your fitness routine? Looking for a way to spice up your fitness? Tired of the same old gym workouts? Join us for Flirty Fit, a sexy way to get fit and have fun. Flirty Fit will not only teach you exciting, unique and fun chair/dance moves that will tone and strengthen your body but it will also boost your confidence and sexiness! This hour long class will provide a strength workout and dance routine. A great abdominal and lower body workout! No experience necessary, especially designed for women.

Golf:

This class will help develop your skills on the course whether you are starting from zero or refining your swing. Increase your strength, flexibility and balance through golf! This class is designed for the beginning golfer, but can accommodate golfers of all skill levels. Topics covered include the fundamentals of setup (grip, stance, ball position and alignment), backswing, downswing and follow-through.

The class will meet at Miles of Golf, located at the southeast corner of the Carpenter and Packard intersection.

Please be advised that this is a GROUP instruction class, not a private lesson.

The first class meeting for GOLF-093 is Tuesday, September 15. The last class meeting is Tuesday, October 6.

**Healthy
Backs
Yoga:**

Healthy Backs Yoga uses yoga to strengthen and stretch all of the necessary muscles for back health while incorporating foundational practices such as meditation. The main focus will be the six directions of the spine, hip openers, and shoulder positioning. Core strengthening as well as gentle back bends will also be used to create a healthy spine.

Hip Hop:

Have fun and get healthy with this dance aerobic workout using today's latest dance club moves and pop/dance music. Movements are broken down making this suitable for all levels. Class is designed to teach some of the most basic styles and movements found in modern hip-hop routines, such as "popping" and "walking". No experience is necessary, but participants should anticipate quick movements, fast-paced routines, and occasional jumping motions. Be prepared to move! Each instructor has had different forms of training, please try each class during the free week of classes to see which style you enjoy most?

**Intermediate
Swim:**

Intermediate swim focuses on perfecting strokes while building endurance. Strokes are broken down with focus on component development (arms, legs, body and breathing) before we combining the elements to develop the total stroke. Each class session focuses on one stroke, from breakdown to swimming lengths at the end of the class. Other topics covered include laps, treading water and diving. Typical class: 5 minute warmup, 5 minute review from previous class, 30-40 minute practice and instruction, 10 minute alternative/fun activity.

**Jazz Dance
Technique:**

This exciting class incorporates elements of dance and cardio for an invigorating workout. Leaps, turns and jumps are dynamic progressions along with conditioning, stretching and toning. Class is taught at the intermediate level, but beginners and advanced participants are welcome too.

Jazz Funk: This class combines jazz dance technique with the latest hip hop moves to give you a great workout and a dancer's body. Starting with an easy-to-follow warm up, the class focuses on learning a variety of fun jazz/hip hop moves that keeps your heart-rate up, tones your body, and increases your flexibility. All levels welcome!

****New****
Kettlebell Bootcamp: Want to get the ultimate all around fitness routine? Try our new class, Kettlebell Bootcamp! Kettlebells are traditional Russian cast iron weights that provide maximum strength and flexibility while challenging your center of gravity. This class will be a fun yet challenging all-around fitness workout that uses kettlebells combined with plyometrics, body weight and other strength exercises to get you lean in no time! No experience necessary.

Kickboxing 1: Get a total body workout utilizing air drills, and progressing to kicking and punching targets and bags. Hand wraps are recommended and are available for purchase in the U-Move Fitness Office for \$8.

Kickboxing 2: A step up from Kickboxing!

Killer Kore: Challenge your abdominals, obliques and back in this class designed to promote back health, improve, strengthen and tone deep abdominal and spinal muscles. These exercises help prevent general and sport specific injuries

Muscle Endurance: Muscular endurance training involves high repetitions with low to moderate weights. This class features a total body workout set to music where the intensity is controlled by varying the weight, repetitions, rest and sets of exercises. Each exercise block is followed by a brief rest period for stretching and prep for the next block. The workout ends with a comprehensive cool down and stretches. Common side effects from this workout include noticeable improvement in muscle tone, body shape and posture, flexibility and self-esteem.

Pilates 1: Pilates is a unique system of stretching and strengthening exercises developed in the early 1900's by Joseph Pilates. Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more aligned and streamlined shape. The class will primarily be centered around and focused on the matwork principles of Pilates-working from a neutral spine. Over the course of the semester, students can expect to strengthen their core, improve their posture, increase their flexibility, and have a better overall awareness of the alignment of their body. We will start with a warm-up and then move into a series of exercises designed to flow one right into the next.

****Sign up for a class and purchase a yoga mat at the same time for \$15. ****

Pilates 1 & 2: The Pilates method of body conditioning promotes physical harmony and balance. Pilates is designed for people of all ages and physical conditions and provides a refreshing and energizing workout. These classes engage the core muscle groups as well as strengthening and lengthening all major muscle groups. Level 2 takes your Pilates workouts to the next level by expanding your flexibility and strength, integrating larger ranges of motions and increasing pace and progression.

- Pilates 2:** Pilates 2 will be a continuation of the mat exercises from Pilates 1 with the addition of several new and more advanced exercises, including the use of accessories which will enhance the exercises to make them more challenging. Pilates 2 will move at a faster pace, therefore, the completion of a Pilates 1 class is recommended.
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- Power Yoga:** This vigorous, vinyasa-style (flowing from pose to pose) class will help you make the essential connection between breathing, flexibility, strength and clarity of mind. Focusing on how breath supports movement will not only transform your yoga/fitness practice, but can bring greater confidence, ease and serenity to your daily life. All levels are welcome -- willingness to make an effort is all that's required. NOTE: Please DO NOT EAT for at least 2 hours before this class, and be sure to arrive on time.
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- Restorative Yoga:** This class includes breath-work, asanas (physical postures), some meditation and guided relaxation. Restorative Yoga promotes a greater sense of physical and mental ease, caring for the body, mind and spirit in a mild and well-rounded manner. Accessible to everyone, good for beginners and long-time yogis alike.
Sign up for a class and purchase a yoga mat at the same time for \$15. **
- Spin:** Spinning is an aerobic, anaerobic and interval workout on a specialized stationary bike, that is designed for all levels of fitness. This bike provides varying levels of resistance to simulate hill rides, jumps, and sprinting. Come along for the ride as you train for your spring and summer rides. Spin classes will be held on the indoor bikes on the second floor of the IM building. Spinning is a great way to get your heart rate up, but be sure to bring a towel and water bottle to each class! Typical Class: 5 minute warm-up and stretching on the bike, 35 minute aerobic/anaerobic work-out, 5 minute cool down and stretching on and off the bike.
- Spin 2:** One hour advanced cardio class on the stationary spin bike. Includes interval, strength, and endurance training.
- Step Aerobics:** Vigorous and challenging step workout layered with rhythm, intensity and direction. Always tapless choreography will progress over the semester from intermediate to intermediate/advanced, but without using high-risk moves. Advanced options are offered for those needing an extra high-octane workout. The workout ends with a short, high-intensity block of abdominal exercises followed by a final warm-down and stretching. Step music features the latest House and Electro club mixes.
- Stress Release Meditation Yoga:** Stressed? Learn how to turn the world off. This class will use basic yoga movements, breathing and visualization to move you into a deep state of relaxation.
Typical Class: 20 minutes of yoga, 30 minutes of meditation.

- Strength Training for Runners:** Is running part of your sport? Soccer, Field Hockey, Lacrosse, Marathons, etc...? These sessions focus on legs, core and some upper body to help you move smoothly, ALL of the essentials! Plyometrics, weights, matwork and stability ball exercises all come together for endurance and strength balance for better running. Led by a fellow runner himself!
- Super Circuits:** Gyhandi's Classes: This is most fun that you can have with or without resistance! The class is low-impact with high-combination exercises. We will focus on variety by challenging your balance, strength and conditioning. Kimberly's Class: Supercircuits is great for all fitness levels. You get to work at your own pace! During the circuit, we mix the use of free weight exercises with basic low-high impact cardio moves. The size of the class also allows for great small group camaraderie! Sign up early - spaces fill fast! Typical Class: 8-10 minutes warm-up/stretch, 35-45 minutes circuit work, 5-8 minutes cool down/stretch (additional body sculpting-time permitting).
- Swim Conditioning:** This class will help you focus on your personal swim goals. Workouts are designed to improve endurance and overall fitness. Swim Conditioning: Conditioning is suitable for those able to swim at least 2,000 yds/hr; proficiency in free, back and breast stroke is recommended.
- Tae Kwon Do 1:** Students will learn the basics of self-defense and fighting under law without rough contact. Students will be taught the fundamentals of basic movements of micro- and macro-martial arts first. These are building blocks of Taekwondo that are combined to form combinations and traditional sequences that require total application of one's body and mind.
- Total Body Conditioning:** This Total Body Conditioning class is designed similar to that of the UMove boot camp classes. We begin with a 10 minute warm-up, followed by a series of cardio-based drills and exercises using your bodyweight. The class then progresses into toning exercises, strengthening all parts of the body, and finishing with abdominal work.
- Turbo Kick:** Inspired by dance, Tae Kwon Do, boxing, Tai-Chi and funk, this kickboxing workout creates a party atmosphere that will have you jumping for more. You'll kick, punch and groove your way to a brand new body in this action-packed, super-fun, safe and effective cardiovascular workout.
- U-Move Your Legs:** Walking is a basic human movement and you learned it an early age. You'll get your workout while seeing some sights and end with some stretching. Not necessary to change clothing; but good walking/running/trail shoes are a must.
- Yoga:** Yoga emphasizes health and well-being through breathing exercises, special postures (called asanas), and concentration. This class will focus on expanding your flexibility with movement and balance, as it calms the mind. Expect movement, not just stretching. Typical class: 10 minutes breathing and warm-up, 40 minutes Practice of Yoga, 10 minutes meditation and visualization. Beginners through intermediate.

Yoga Abs: The practice of yoga is amazing for stabilizing and strengthening the core. Beginning with a brief yoga warm up, this class will focus on specific poses and moves that tone the entire core area in multiple ways. The results will be a flatter, stronger, more defined mid-section! No Experience Necessary

Zumba: Zumba is a fun, cardio dance class that incorporates Latin, Hip Hop and International rhythms. Zumba is an hour-long, high-energy workout that will keep your body moving the entire time! No dance experience necessary. Zumba is the most fun you will ever have working out! Typical class: 5 minute warm up and stretch, 45 minute dance party, 5 minute cool down.