

KU Fit Class Descriptions Fall 2008

CARDIO

Cardio Dance Party! Dance inspired cardio that will make your heart rate soar and your hips shake! Dance the night away and forget that you are even working out! (All levels)

NEW! **Turbo Kick *TM*:** Awesome music paired with movement patterns, combinations and techniques specific to the ancient sport of Muay Thai Boxing. The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and a Tai-Chi like cool-down. Try Turbo! (All levels)

NEW! **Target Practice:** Cardio kickboxing with target paddles. Punch and kick the stress away in this fun and interactive class. (All levels)

Zumba! *TM*: You've heard the buzz.... Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, International & pop music paired with hot dance movements for fun & fitness! (All levels)

STRENGTH TRAINING

Butz n' Gutz: Just like it sounds! 45 minutes devoted to working the abdominals and glutes! (All levels)

Completely Core: An intense 20 minute workout to strengthen and tone the core muscles. All major muscles of the abdominals and lower back will be utilized. (All levels)

Just Lift: Strength training at its best. Loaded barbells will be utilized to work all the major muscle groups. Muscles are continually challenged by progression. Let us guide you in your goal to create strong, toned muscles.... Just Lift! (All levels)

CARDIO & STRENGTH MIX

BOSU: The latest & greatest introduction to fitness; BOSU balance trainers provide a fun and effective new way to challenge and train the body. Work on balance, strength and cardiovascular endurance. Try BOSU... the fun awaits! (All levels)

NEW! **BOSU n' Glide:** Strength, cardio and balance training all in one class. The new gliding discs will add a new challenge and a fun way to train! (All levels)

Cardio X-Train (cross train): An athletic approach to group fitness. This class combines functional cardio and strength training moves. Hi and low intensities will be performed in interval fashion. Challenge your body in new ways. (Intermediate)

NEW! **Friday Free for ALL:** New fall 2008. Bring your friends! Instructors and formats change weekly. (Rotations posted online) All Friday Free for ALL classes are **FREE** of charge!

NEW! **Step n' Strength:** Half step, half strength. Increase your cardiovascular endurance and muscular strength in one class. (All levels)

Warrior Workout: A powerful blend of kick boxing (30 minutes) and yoga (20 minutes). Push yourself to the end of your comfort zone. Find your inner warrior. (Intermediate)

20/20/20: A class designed to encompass the major components of fitness; cardiovascular conditioning (20 minutes), strength training (20 minutes) and flexibility (20 minutes). (All levels)

MIND & BODY

Pilates: A series of Pilates exercises focusing on the power-house (abdominals, hips, back and buttocks). Breath is coordinated with movements to strengthen and tone muscles, improve posture, provide flexibility and unite the body and mind. (All levels)

Power Yoga: An intense class of power yoga paired with strength movements to emphasize stability, core strength and endurance. Not for beginners. (Advanced)

Warrior Workout: A powerful blend of kick boxing (30 minutes) and yoga (20 minutes). Push yourself to the end of your comfort zone. Find your inner warrior. (Intermediate)

Yoga: A relaxing, yet challenging class designed to improve posture, flexibility and muscular strength. A variety of poses and level options will be demonstrated. KU Fit yoga is based on Yoga Fit principles of fitness yoga. (All levels)

Beginner: Easy to follow with moderate intensity.

Intermediate: More choreography and intensity.

Advanced: Higher intensity and/or complex choreography.

All: Individuals work at own pace and intensity, modifications offered.

KU Fit Group Fitness Policies:

1. All classes are subject to change of instructor, format, class time or cancellation.
2. KU Fit Identification/Fee cards are required in order to participate in ALL KU Fit classes. Passes are non-transferable and non-refundable.
3. Classes begin promptly on time. Please arrive approximately five minutes prior to start time. First come, first serve. Limit 40 participants.
 - a. BOSU: limit 15. Just Lift: limit: 23.
4. All classes are held in room 114/115 KU SRFC or the SRFC martial arts studio. Participants must have access to fitness center in order to participate in KU Fit classes.