

KU Fit Class Descriptions Fall 2009

CARDIO

Hip Hop Hustle *TM*: So, you think you CAN dance? From the makers of Turbo Kick, this class is a completely pre-designed hip-hop dance class that's so easy to follow, anyone can do the moves and make them their own! If you can Hustle, you can Hip Hop HustleTM! (All levels, dancers or not!)

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)

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

 **Cardio Cross Train:** An athletic approach to group fitness. This class combines functional cardio and strength training moves. High and low intensities will be performed in interval fashion. This boot camp style workout will challenge your body in new ways. (Intermediate)

Step n' Core: This class pairs the cardio and strength for fun and results. 40 minutes of step aerobics will be followed by 15 minutes of abdominal core training.

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)

Sunrise Yoga: A traditional yoga class based on energizing vinyasas to start the day the right way.

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. Classes with less than 3 participants will be cancelled.
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 45 participants.
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.

Become a group fitness instructor.....

- o Spring 2010 group fitness instructor training @ ASRFC
- o ACE (American Council on Exercise) approved curriculum
 - o Prepare to take ACE group fitness certification
- o Practical education paired with hands on experience
- o Audition at the end of program for position at ASRFC
- o Wednesdays & Fridays 3-5 pm – Spring 2010