Group Fitness Class Descriptions

- All group fitness classes are led by nationally certified group fitness instructors. All classes are prepared for beginner to intermediate levels of participant experience. Advanced classes are offered periodically but are not provided on a weekly basis.
- Any UHCL student who is interested in becoming a certified group fitness instructor should contact our department at campusrecreation@uhcl.edu for more information.
- Not all of the following group fitness classes are offered each semester. The schedule for each semester is usually split into a first half and second half of the semester schedule based on class participation, new class opportunities, and instructor availability.

Battlefront (ProClub Pass required)
Led by certified fitness professionals, Battle Front takes guests on an explosive journey filled with military style exercises and functional movements. Our unique interval sequences include a variety of calisthenics, body weight, cardiovascular and strength training movements to maximize results and ensure that you receive the ProClub experience. Classes are held in the Outdoor Fitness Plaza, utilize the newly renovated space and top of the line Escape Octagon, and Escape equipment. Classes are limited to 10 guests to ensure quality experiences.

Cardio Kettlebell
Led by a certified fitness professional, cardio kettlebell includes standard and unique movements matched to the beat of your favorite hits. Guests are guided through various movements and variations to lengthen and strengthen compound muscles groups and select areas to create a total body experience like no other. Hit the beat and tone, strengthen and tighten to reach your personal fitness goals. No previous experience with choreography needed.

Insanity Live
An extreme cardio conditioning class for all fitness levels. Led by a trademark instructor and fitness professional, guests will increase their muscular strength, improve cardiovascular endurance, and develop precision and speed, all without lifting a single weight.

LIFT
Are you ready to LIFT? Participants are guided through strength-based movements utilizing strength equipment to lengthen, strengthen, tighten and tone the entire body. Reach your personal goals throughout this strength-based class, focus on proper form and technique and LIFT through challenging movement sequences guaranteed to test your limits. Variations are provided, as all fitness levels are welcome.

Lower Body Blast
This quick fire workout 30-minute class for the glutes, quads, and hamstring. Perfect for that fast lower body tighten and tone workout for the busy student or professional.
Pilates
Pilates focuses on traditional concepts and movements that engage the mind and body to strengthen and tone your core and lower back. Pilates utilizes traditional movements, props or a blend of both as participants move fluidly through controlled and concentrated that develop flexibility, stability and condition the entire body.

PIYO Live
Sweat, stretch, and strengthen in one low impact, body sculpting workout! PIYO Live® is set to motivating music and combines the muscle-sculpting, core strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. You will perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean, and incredibly defined physique. No weights needed, and wonderful for all fitness levels.

Quads, Core and More
Quads, Core & More is an energy packed class focusing on sculpting and toning your lower-body, core and back. Participants are guided through a variety of toning movements at low- to no weight and high repetitions in order to lengthen, strengthen and sculpt the physique. All fitness levels welcome.

RapidFire (ProClub Pass required)
This Battle Front/TechRow hybrid incorporates components of functional strength and cardiovascular training in a unique and high-tech interval based format. Utilizing the Technogym Technology and Battle Front foundations, guests will be challenged by a variety of movements that will never repeat. New movements and workout plans are created daily with professionals coaching, motivating and pushing guest to their personal limits throughout this high-intensity, quality club experience. Classes are limited to 10 participants to create a top quality and encouraging atmosphere.

Revolution
Every ride will offer a new adventure as you cycle through valley ranges packed with hills, climbs, jumps and sprints. Matched to a mix of rhythmic hits, our instructors will energize and motivate you through the varying levels of speed, intensity, and resistance as you push to your personal fitness goals one revolution at a time.

Step N’ Tone
Step N’ Tone is a choreographed cardio class matched to the latest pop, Latin and electronic dance crazes. STEP your way through classic and non-traditional aerobic movements and TONE your body with strength, stabilization and dynamic movements. Led by a certified group fitness instructor, Step N’ Tone will challenge and push all guests through a unique twist on an aerobic classic while creating an energizing and heart healthy environment.

TechRow (ProClub Pass required)
Utilizing Technogym technology and state of the art Skill Row, guests will glide through smooth waters as they push towards their individual or team goals. Instructors provide a high-energy atmosphere while providing proper safety and form cues to ensure a high quality experience and full body workout. Enjoy the open waters without any additional hassle! Classes are limited to 10 participants to create a top quality and encouraging atmosphere.

Total Core
Short on time? This quick ab blasting 30-minute class is dedicated to strengthening your core and lower back.
Yoga
Combining traditional yoga poses and a fluidity like no other, our yoga classes place an emphasis on proper breathing technique to guide you through every movement. Our instructors will guide you through traditional asana (poses) while offering variations and correcting posture and promoting proper body alignment to increase core stability. Improve your flexibility while strengthening and lengthening your muscles through every movement and embracing the calming, peaceful, and stress free atmosphere that surrounds you.

Yoga Meditation
Flow through traditional movements while engaging in mudras, mantras and more. Zen out with this relaxing, flex and stretch experience that will guide you to inner peace.