

GROUP FITNESS CLASS DESCRIPTIONS

All fitness levels are welcome. Equipment will be provided.

ACTIVE OLDER ADULTS (AOA)

AOA concentrates on low impact cardio paired with weight training and functional exercises for a full body workout to help make daily living activities become easier. It's a fun way to stay in shape and increase social interaction. Our main goal is to engage members and help keep them motivated to improve their own health and wellbeing. All fitness levels are welcome.

BODYPUMP

BODYPUMP is a fast-paced, barbell-based workout designed to strengthen and tone all of the major muscle groups. It uses a combination of motivating music, fantastic instructors, and it is scientifically proven to help you achieve your fitness goals.

BOOTCAMP

High intensity cardio and resistance workout utilizing weights, bands, and body weight modifications for beginners. All fitness levels are welcome.

CARDIO KETTLEBELL

Cardio Kettlebell is a high intensity workout that will get your heart rate up and challenge your entire body. From strengthening the key muscles of the lower body to challenging the muscles of the core and upper body, kettlebells truly are an effective training tool for improving total-body strength. Due to the high-intensity nature of this style of training, it serves as a great option for boosting your cardiorespiratory fitness as well.

CIRCUIT

This 45-minute workout will consist of alternating station to station and utilizing weights, cardio, and various types of equipment. All fitness levels are welcome.

CORE EXPRESS

This 30-minute class will work your whole core: abdominals, obliques, glutes, and more. Body weight and equipment will be used to build strength and endurance in core muscles.

CYCLING

This class will get your heart rate pumping through mountain climbs, rolling hills, sprints, and flat roads.

PILATES

Pilates creates a strong foundation of balance, strength, mobility, and flexibility by improving muscular symmetry, alignment, posture, and core strength. This class focuses on strengthening and lengthening the body with an emphasis on the core muscle groups. The majority of the class is completed on a mat with the occasional use of equipment (such as light weights, bands and rings).

STEP N' TONE

Choreographed to high energy music, this Step N' Tone class offers a great cardio and strength workout. Using step equipment (an elevated platform), participants will step to the rhythm of the music and complete upper body and abdominal exercises for a full body workout.

STRETCH & ROLL

This recovery focused class will lower the heart rate and blood pressure while also releasing tension in the muscles following exercises using stretches and foam rollers to reducing soreness of the muscles. Led by a licensed massage therapist. All fitness levels are welcome.

TOTAL BODY

This full body class will incorporate a variety of training techniques to target all major muscle groups, while increasing muscular strength and cardiovascular endurance through bodyweight and free weight exercises.

YOGA

Move fluidly through the traditional yoga postures including standing, seated, inversions, spinal twists, hip and hamstring openers, and abdominal strengtheners.

ZUMBA®

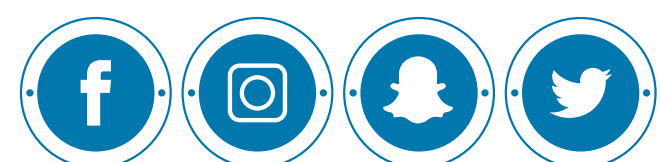
The fun dance-based class will teach you choreography that will increase your heart rate, strengthen your muscles and keep you enjoying every minute!

scan to register
for group fitness class



Register online through rwconnect.uhcl.edu or at the member services desk. Visit uhcl.edu/rec for additional information and membership pricing. Any changes to the group fitness schedule will be announced on our social media.

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Any individual requiring an accommodation in order to participate in this event will need to contact Campus Recreation and Wellness at 281.283.2330 or via email at CampusRecreation@uhcl.edu prior to the event