

Fitness Class Descriptions

Aqua Agility	An interval workout utilizing cardio drills and strength exercises in shallow water for a total body, low impact workout!	Hip Hop	Learn the latest hip hop moves to the hottest music in a format designed for all levels of coordination!
Aqua Dance + Sculpt	A fun fusion class of both strength training, dance and aqua. If you love to dance but want to feel weightless in the pool and add weight training to your routine, join us!	Jump Fitness	Jump into fitness with this fun class utilizing fitness trampolines and strength equipment for a great, full-body workout!
Barre	Learn the indoor cycling techniques of riding flats and hills to build lower body strength and endurance and improve your cardiovascular fitness level. The energy is high and music is motivating. A great low impact fitness option for your joints	Pilates	Pilates is a method of exercise that consists of low-impact flexibility and muscular endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance!
Boxing Circuit	The instructor will lead you through shadow boxing to master technique and then transition to punching and kicking the heavy bag. The class will include a variety of strength training and plyometrics to give you an amazing full-body workout.	Power Barre	For those who love barre and want to combine full body movements into each section, Power Barre is for you! This class has challenging movements and a higher intensity compared to our classic barre classes!
Complete Core	A 30-minute class focusing on various abdominal, oblique, and low back exercises to improve core strength	Sunrise Yoga	Ease into your day with progressive yoga movements that activate your flexibility and breathing for a positive start to the day
Cycle Fit	Learn the indoor cycling techniques of riding flats and hills to build lower body strength and endurance and improve your cardiovascular fitness level. The energy is high and music is motivating. A great low impact fitness option for your joints	Wellness Yoga	A therapeutic style of yoga that emphasizes linking breath with movement and modification of postures for a health and wellness effect. This is a great class for individuals new to yoga and/or having neck or back health issues
CyZone+ Cycle	Cycle to the beat of the music and your heart! Combining heart rate technology with indoor cycling hills and flats, our instructors will help you to use heart rate zones as a guide to the best workout level for you.	Weekend Yoga	This class keeps the body in motion through simple warm-up movements, into Sun Salutations, and a sequence of postures/exercises for a level one yoga class. Postures are held about 3-5 breaths. Sunday morning weekend yoga is set to R&B hits.

Cyclone Circuit	A fun and fast-paced class where everyone begins at a station and rotates to the next to complete all exercises with rest in between. Excellent for getting a good sweat and using various strength equipment!	Women & Weights	These classes are designed for women, by women to give you a full body workout with friends. The purpose of the female focused fitness classes is to provide an intentional opportunity for females in the Iowa State University community to experience fitness in a culturally inclusive environment!
Cyclone Sculpt	This class uses moderate weight and high repetition to sculpt and strengthen every major muscle group! With our mix of strength training movements and new equipment, you are in for a great workout!	Yoga	This class keeps the body in motion through simple warm-up movements, into Sun Salutations, and a sequence of postures/exercises for a level one yoga class.
Cross Training Fitness	Challenge both your strength and cardiovascular abilities by executing various functional movements at high intensities. Each workout is set up to encourage you to work hard and achieve your own personal best!	Yoga Flow	A vinyasa style yoga class that offers continuous movement in and out of postures linked with the breath. The goal of the class is to progressively build intensity into deeper postures before unwinding into a much needed relaxation ending
Dance Party	Choreographed dance workout to Latin and pop music. Have fun while you dance and maybe work up a little sweat too!	Yoga Sculpt	A total body workout combining yoga sequencing with weight training. The class is set to high energy music, gives the option to use light free weights, and includes exercises such as push-ups and squats!
HIGH Fitness	HIGH fitness is a high energy, intense, choreographed workout that is easy to follow. It will give you an INTERVAL, PLYOMETRICS AND CARDIO workout all in one fun and upbeat class!	Zumba	Great moves and music are what you'll experience in these Latin-inspired dance routines with a fitness twist!