

## Class Descriptions

**Power Yoga-** is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. This type of yoga is a vigorous and revitalizing form of physical fitness. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one class.

**Intro to Power Yoga-** This class will take a slower approach to a Power Vinyasa class. Learn the basics to Vinyasa flow, building strength, a stronger core and stamina to provide a better overall healthy body and mind.

**Yoga-All levels** -Yoga integrates body, mind and spirit. It makes the body strong, flexible, toned and powerful. With the aid of aromatherapy, it helps relieve stress, calms the mind and celebrates the spirit in all life. This class welcomes all students, beginning and continuing. Individual guidance will be given to tailor the practice to your needs. (beginners to advanced)

**Flow yoga** - intertwines mind, body and spirit for a healthy and challenging, yet enjoyable practice. The class focuses on increasing flexibility and building muscle strength through postures like lunges, backbends, twists and core work. Fluidity of movement is also encouraged through transition postures and breath techniques like ujjayi breathing and pranayama. A central theme to the class is to use the breath as a guide to release areas of tension and instill calmness.

**Zumba** is a Latin-inspired dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. This program is a unique balance of cardio and muscle toning benefits.

**Cycling** involves routines that are designed to simulate terrain and situations similar to riding a bike outdoors. It can include hill climbs, sprints and interval training. The instructor uses music, motivation and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals. Each person in the class can choose their own goals for the session. Participants should bring water and a towel to class.

**Exercise classes brought to you by:  
Office of Campus Recreation**