

# GROUP X

## Spring 2024 Group Exercise Class Descriptions

### ABS & GLUTES

A 30-minute toning class focused on your abs & glutes.

### AQUA FIT

Combination of shallow-water and deep-water exercises to improve flexibility and endurance while enjoying the therapeutic benefits of water exercise (buoyancy belts provided).

### AQUA ZUMBA

A classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

### BARRE

Inspired by ballet, Pilates, and yoga, barre focuses on postural strength and alignment. We incorporate small, targeted movements to build strength and increase flexibility.

### CARDIO DANCE

A fun dance workout with a variety of music styles and simple-to-follow moves. Join the party and get your sweat on! No prior dance experience is needed.

### CATAMOUNT FIT

This class will feature a rotating format each week. You will experience everything from dance to yoga to strength & more!

### CYCLE

Build muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance, and sprints. Training on a bike makes this workout low-impact, but as intense as you wish—it is YOUR ride!

### KICKBOXING CONDITIONING

Get ready to unleash your inner warrior, with a heart-pounding, abs-sculpting, and equipment-packed session that will leave you feeling like a total knockout. Punch, kick, and sweat your way to a stronger you.

### POWER YOGA

This class is designed to enhance both strength and flexibility through a series of empowering postures, fostering a transformative experience that leaves you energized, focused, and revitalized.

### RECOVERY

Foam rolling can improve core stability, muscle recovery, strength, balance, and flexibility. Join us to learn how to relieve tight muscles through self-myofascial rolling.

### STEP

A full-body cardio and strength workout. You can expect a mixture of upbeat rhythmic stepping integrated with strength-based moves to provide a total body workout.

### TRAUMA-INFORMED YOGA

This class will work to create a safer, supportive space in which students can learn emotional regulation skills through increased body awareness.

### YOGA

Come move with your breath and intention. Find space and move freely to improve your flexibility, strength, stamina, and stress reduction.

*Group X classes are open to anyone with a current Group Exercise Membership, which is \$20 for the Spring semester. To be eligible to purchase a Group Exercise Membership, you must be a current WCU student or Campus Recreation Center Member. For a complete schedule, visit [reccenter.wcu.edu](http://reccenter.wcu.edu).*

**Purchase your pass today at [myrec.wcu.edu](http://myrec.wcu.edu) or at the front desk of CRC.**