



# CLASS DESCRIPTIONS

## BARRE

Come enjoy a ballet inspired total body strength workout using a combination of basic ballet and fitness movements. No dance experience necessary!

## CIRCUIT TRAINING

This circuit style class provides a full body work out, using limited equipment. It includes a wide variety of exercise techniques, such as cardiovascular work, strength training, and plyometrics.

## CORE BLAST

This 15-minute express workout focuses on core conditioning, endurance, and strength! It is the perfect complement to your own workout or our Lower Upper Blast to build a stronger core.

## CYCLE

Using the coach by color training technology, participants will be lead through a fun indoor cycling class. Using the bike's monitor, participants will be able to measure their revolutions per minute, resistance level, watts, and training zone.

## EXPRESS TOTAL BODY BLAST

In just 30-minutes, each workout targets your chest, back, shoulders, and arms with weights, bands, or body weight, while strengthening your legs and glutes with power moves, plyometrics, and more! Core work trains your body for functional stability, and you will be energized to push harder with killer music, friendly competition, and encouraging, motivated people ready to "Bring It" to every workout!

## GUIDED MEDITATION

Learn how to just be. This class introduces the basics of meditating and offers different guided meditations each week.

## HIP HOP CARDIO

Hip Hop Cardio is a dance fitness class that incorporates the fundamentals of basic hip-hop to achieve a moderate-high intensity cardiovascular workout. No dance experience necessary!

## HIIT

This cardio-based workout uses interval training from cardio conditioning moves to athletic-inspired drills. Every sweaty class will help improve your power, endurance, and agility. You'll leave energized—and proud of what you just accomplished! (High-Intensity Interval Training)

<b>F45</b>	F45 stands for functional 45 minutes. This functional training program is based on a high intensity interval training (HIIT) style workout. With over 27 different workouts and 3,000 different exercises, no two classes are ever the same.
<b>F45 BOOTCAMP</b>	This workout is comprised of functional movements in multiple timing options that mimic the F45 Athletica workout. Patrons that are new to exercise can become familiar with our current F45 classes. There are multiple programs that use zero equipment and multiple programs that use equipment. Come join a 45 minute High Intensity Interval Training that will jump start your day and recharge your metabolism.
<b>LOWER BODY BLAST</b>	Glutes, quads, hamstrings, abductors / adductors, and calves! Feel the burn in this 30 minute muscle blasting workout.
<b>NAPERCISE</b>	The best way for muscle recovery, building up your immune system and retention of information is a power nap! Join us for a safe, clean, supervised rest (30 mins after set up) and feel invigorated to power through the rest of your day!
<b>PILATES</b>	A mind body experience that focuses on muscle strength and toning, balance, body alignment, core stabilization, and flexibility.
<b>POP PILATES</b>	POP Pilates is a Group Exercise fusion class that incorporates strength, cardio, and dance into a choreographed, mat-based, and Pilates inspired workout!
<b>PIYO FLOW</b>	PiYo Flow uses moves inspired by Pilates and yoga with to focus on flexibility, stability, and mobility in just 30-minutes! You'll feel your mood brighten as you strive to reach further, bend deeper, and lift higher. There's no yoga experience required.
<b>PIYO POWER</b>	PiYo Power uses moves inspired by Pilates and yoga to sweat, strengthen, and sculpt in just 30-minutes! Using only your body weight, you'll perform a series of low-impact, high-intensity moves choreographed to the music!
<b>POWER YOGA</b>	A faster paced yoga class that will challenge the body and the mind. This class will get your heart beating, as well as offer strength based poses. Variations will be offered for all levels. The room may be heated.

**RESTORATIVE  
YOGA**

This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within. You will leave feeling great!

**STADIUM  
RUN**

Come run Bright House Stadium, home of the UCF Knights football team! Be sure to bring water, have a valid UCF parking permit and meet at Gate 6. No sign up necessary!

**STEP  
AND  
TONE**

A mix of step aerobics and strength training in one exciting workout! It allows you to work both your heart and your muscles extensively in one class!

**TOTAL  
CORE**

This is 30 minutes of intense core conditioning, focusing on the muscular endurance of your abdominals, obliques, and lower back.

**TRAMPOLINE**

Jump on into this new fitness class. Utilizing individual trampolines, this class is a great way to boost your cardio and strength!

**TRX**

This is an introduction class to TRX suspension training aimed at building strength and endurance to give you the ultimate total body work out! This class takes place at the Knights Plaza facility.

**UPPER  
BODY  
BLAST**

Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30 minute class.

**YOGA**

Come move with your breath and intention. Find space and move freely to find your flexibility. This is an all levels class.

**YOGA  
NIDRA  
MEDITATION**

Yoga Nidra is an ancient meditation practice from India. Though the literal translation of Nidra is "sleep" it also means "a changing state of consciousness" which is brought about as you connect with your mind and body. This meditation practice uses aerial hammocks to aid the body in feeling relaxed and comfortable. Yoga mats are also available for a stationary practice.

**ZUMBA**

A dance fitness class using Latin and International music with a combination of rhythms that keep you moving to the beat! No dance experience necessary!