GROUP FITNESS CLASS DESCRIPTIONS

Barre Fusion
Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work complement Barre work to push you to exhaustion.

Kizomba Dance
Kizomba is both a dance and a style of music, which developed in Angola in the late 1980s and early 1990s. It is a derivative of semba, with a mix of Kilapanda and Angolan Merengue, and sung generally in Portuguese. The romantic flow of the music creates a sensual dancing style which provides a good workout for dancing partners.

Merengue y Bachata
Having originated in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. Huge emphasis on styling is to be expected. For the second half of the semester, Bachata, an eight step count from the same country, will take center stage. A significant amount of time will be spent on how to communicate with subtle changes in your posture. Body language is key. No knowledge of Spanish is needed.

Pilates
This mat class is based on exercises developed by Joseph T. Pilates, a physical therapy pioneer. By developing your core control, this class re-patterns, realigns your body to improve balance and coordination. Decompress your joints to improve circulation while promoting strength and flexibility.

Pound Fitness
Join us for this cardio jam session where you get to rock out using rip sticks - your own set of drum sticks. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out!

Power Yoga
With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you’ll quickly be out and moving on to the next asana. In Power Yoga you lift and hold your entire body’s weight. These classes incorporate a serious number of Vinyasas, and they’re going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

Salsa
This class is hot, spicy, and full of exotic Latin flavor. Learn steps and styling’s of the hottest Latin dances. In addition to footwork, we will focus on connection, technique, and lead/follow skills. These patterns can be led socially at any salsa club around the world! Bring a partner or come alone but be ready to sweat! Singles Welcome!

Spinning
The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

Total Body Conditioning
Are you looking for a rewarding alternative to the typical exercise class and an exhilarating way to get in shape? Well, this is the class for you. This class will increase your stamina, flexibility & endurance by offering strength training, core work and (if you are looking for it) weight loss. Every piece of exercise class equipment will be used, including kettlebells and your body weight. Customized for ALL fitness levels.

Vinyasa Yoga
This dynamic style of yoga is also commonly known as “flow,” as it involves smooth and conscious movement from one pose to another. Vinyasa yoga is a beautiful form of yoga that unites breath with movement while also incorporating balance, strength and flexibility. Vinyasa Yoga is magnetic, drawing countless yogis to discover strength, joy, freedom, and transformation.

Yoga Stretch
Reduce stress with this re-discovered ancient form of exercise and meditation, which focuses on flexibility, strength, balance and serenity. Movement of the breath through the various positions helps increase your mind/body connection.

Zumba
This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your total body. You’ll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.

All classes are held in the Simon Recreation Center. Reasonable efforts will be made to find a make-up date(s)/time(s) for classes postponed due to unforeseen circumstances. Class minimums must be met in order for a class section to run. Classes are on a first come, first served basis. Late Registrations: If space allows, anyone may register at any time for the session. Once half the classes have passed, the fee will be reduced 50%. Refunds: All program, service and membership sales are final. Refunds due to unforeseen medical conditions will be considered on a case-by-case basis. The Director of Campus Recreation or a designee may approve other exceptions/special circumstances. All refunds are subject to prorating as well as processing fees. To be considered for a special circumstance please email campusrec@slu.edu.

FOR MORE INFORMATION VISIT
www.slu.edu/life-at-slu/campus-recreation
CALL 314-977-3181 EMAIL campusrec@slu.edu
## GROUP FITNESS
### Spring 2018

### Classes Run:
**January 16th – May 10th**

- **$5 for 1x Pass**
- **$40 per session**
- **$90 for All Access Pass**

### MONDAY
- **YOGA STRETCH** 12:00pm-12:45pm  
  Mind/Body  
  Colleen
- **TOTAL BODY CONDITIONING** 5:15pm-6:00pm  
  MPR 1
  - Mary
- **ZUMBA** 5:15pm-6:00pm  
  MPR 2
  - Alex
- **BARRE FUSION** 6:15pm-7:00pm  
  MPR 1
  - Mary
- **POUND FITNESS** 6:15pm-7:00pm  
  Mind/Body
  - Michelle
- **SPINNING** 6:15pm-7:00pm  
  Spin Studio
  - Brendan

### TUESDAY
- **SPINNING** 6:30am-7:15am  
  Spin Studio
  - Frank
- **POWER YOGA** 4:15pm-5:00pm  
  Mind/Body
  - Maria
- **ZUMBA** 5:15pm-6:00pm  
  MPR 2
  - Sue
- **VINYASA YOGA** 5:15pm-6:00pm  
  Mind/Body
  - Maria
- **POWER YOGA** 6:15pm-7:00pm  
  Mind/Body
  - Brendan

### WEDNESDAY
- **YOGA STRETCH** 12:00pm-12:45pm  
  Mind/Body
  - Alison
- **TOTAL BODY CONDITIONING** 5:15pm-6:00pm  
  MPR 1
  - Mary
- **SALSA** 5:15pm-6:00pm  
  MPR 2
  - Alex
- **BARRE FUSION** 6:15pm-7:00pm  
  MPR 1
  - Mary
- **POWER YOGA** 6:15pm-7:00pm  
  Mind/Body
  - Maria
- **MERENGUE Y BACHATA** 6:15pm-7:00pm  
  MPR 2
  - Louisa

### THURSDAY
- **SPINNING** 6:30am-7:15am  
  Spin Studio
  - Frank
- **PILATES** 4:15pm-5:00pm  
  Mind/Body
  - Maria
- **SPINNING** 5:15pm-6:00pm  
  Spin Studio
  - Mary
- **POWER YOGA** 5:15pm-6:00pm  
  Mind/Body
  - Maria
- **VINYASA YOGA** 6:15pm-7:00pm  
  Mind/Body
  - Louisa
- **KIZOMBA DANCE** 6:15pm-7:00pm  
  MPR 2
  - Marcus
- **ZUMBA** 7:15pm-8:00pm  
  MPR 2

### SATURDAY
- **FREE POWER YOGA** 12:00-12:45pm  
  Mind/Body
  - Brendan  
  *Free to Simon Rec Members all semester!

### Register Online
[shopcampusrec.slu.edu](http://shopcampusrec.slu.edu)

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### MPR 1:
- Multi Purpose Room 1,  
  Lower Level

### MPR 2:
- Multi Purpose Room 2,  
  Lower Level

### Mind/Body Room:
- Lower Level

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### For More Information
- [www.slu.edu/life-at-slu/campus-recreation](http://www.slu.edu/life-at-slu/campus-recreation)
- **Call** 314-977-3181
- **Email** campusrec@slu.edu