FALL 2015 U-MOVE FITNESS CLASS DESCRIPTIONS

AQUATICS

**Beginning Swim 1**
Little or no swim experience? This course is for you. You'll start with entering the pool and getting comfortable. You'll progress to front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. And you'll learn jumping in, treading, and water safety. Goal: one length of the pool. Goggles recommended. Attendance in at least one of the first two classes is mandatory for evaluation or you may lose your spot in class to those on a waitlist. No enrollments are accepted after the class meets a third time.
*Available for credit. See your academic advisor before registering.*
**No drop-ins or FitPass**

**Beginning Swim 2**
Beginning Swim II is for students who are already comfortable in the water and who can swim across the pool (the short way). The course works on building endurance and improving technique in freestyle, backstroke, elementary backstroke, breaststroke, sidestroke, butterfly, diving and treading water as well as water safety. Flip turns and other activities will be offered as skills advance. Goggles recommended. Attendance in at least one of the first two classes is mandatory for evaluation or you may lose your spot in class to those on a waitlist. No enrollments are accepted after the class meets a third time.
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**No drop-ins or FitPass**

**Intermediate Swim**
Pre-req: Must have ability to swim one length (long way) each of crawl, backstroke and breaststroke. Intermediate swim focuses on refining strokes while building endurance. Each of the strokes will be taken apart and put back together better than before! Other topics covered include laps, treading water, diving and water safety. Goggles recommended. Attendance in at least one of the first two classes is mandatory for evaluation or you may lose your spot in class to those on a waitlist. No enrollments are accepted after the class meets a third time.
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**Master's Swim**
This class welcomes swimmers of all abilities. It's perfect if you want to improve your overall fitness, swim just for fun, develop better technique, or train for triathlons, open water swims, or pool swimming competitions.

**Water Workout**
This water workout class enhances fitness level by working with resistance of the water; it is great for beginner exercisers to elite athletes. Strong emphasis on flexibility, muscular strength, endurance as well as cardiovascular conditioning. May incorporate resistance tools such as buoyant water weights and noodles.

**Children's Swim**

**Children's Beginner Swim 1**
Beginning swim 1 is an introduction to water skills and basic personal water safety. These lessons are at the North Campus Recreational Building Pool. These are half hour lessons. Parents are requested to please stay on pool deck during class or observe through the glass. Goggles recommended.

Note: Unless the parent is a UM student or has a UM Rec Sports membership, a $60 Limited User Pass must be purchased from Rec Sports for building access.

This class cannot be used for any special promotions. **No FitPass**

**Children's Beginner Swim 2**
Beginning Swim 2: Pre-requisites: comfortable in the water. Fundamental stroke skills and personal water safety. Parents are requested to please stay on pool deck during class or observe through the glass. Goggles recommended.

Note: Unless the parent is a UM student or has a UM Rec Sports membership, a $60 Limited User Pass must be purchased from Rec Sports for building access.
This class cannot be used for any special promotions. **No FitPass**

**CARDIO**

**DanceJam**
DanceJam is a brand new high cardio and choreographed dance class to popular top 40 tunes. Each song will have 3-4 repetitive sets of moves per song with a combo of cardio and simple hip hop moves. Unlike Zumba and Hip Hop, the moves will be easier to follow and your heart rate will be up the whole class! Come for a high-energy, sweat-drenching, and calorie-burning workout! Absolutely no dance experience necessary.

**DanceJam Stretch**
DanceJam is a brand new high cardio and choreographed dance class to popular top 40 tunes. Each song will have 3-4 repetitive sets of moves per song with a combo of cardio and simple hip hop moves. Unlike Zumba and Hip Hop, the moves will be easier to follow and your heart rate will be up the whole class! This will be followed up with plenty of stretching to improve your flexibility. Come for a high-energy, sweat-drenching, and calorie-burning workout! Absolutely no dance experience necessary.

**HIIT It**
Don't be fooled by the length of this interval training class as it is a great cardiovascular, fat-burning workout with intense periods or bursts of exercise with less intense but, short recovery periods. A mix of cardio and bodyweight exercises will help get those muscles burning and blood pumping. Plenty of high impact, up and down movements, and burpees. Get ready to get your heart rate up and your sweat on in this class!

**Hip Hop**
Have fun and get healthy with this dance aerobic workout using today's latest dance club moves and pop/dance music. Movements are broken down making this suitable for all levels. The instructors experience in other forms of dance including modern technique and world dances create a class that is designed to work the body in various ways, teach some of the most basic styles and movements found in modern hip-hop routines. No experience is necessary, but participants should anticipate quick movements, fast-paced routines, and occasional jumping motions. Be prepared to move!
Kickboxing
Get a great cardio workout as you punch, jab and kick to music.

Step 'n Muscle
A complete body workout! Two 15-min. intervals of cardio on the step are interspersed with one 10-min. interval of upper-body strength conditioning and one 10-min. interval of core work. Stretching at the end completes the class.

Super Circuits
Super Circuits is great for all fitness levels. You get to work at your own pace! During the circuit, we mix the use of free weight exercises with basic low-high impact cardio moves.

Tabata Bing Tabata Boom
Tabata is an advanced form of exercise using HIIT (high intensity interval training) intervals: short bursts of high intensity work alternated with short rest periods. It is a fast, fun, and very effective workout!

Tabata/Yoga
Tabata is an advanced form of exercise using HIIT (high intensity interval training) intervals: short bursts of high intensity work alternated with short rest periods. The second half will be a yoga class to help you build flexibility, muscular strength and to develop relaxation. It is a fast, fun, and very effective workout!

WERQ
WERQ is the fiercely fun dance fitness format based on pop, rock, and hip hop music taught by Certified Fitness Professionals. Named one of SELF Magazine’s hottest workouts of 2011, WERQ has exploded in dance studios, fitness facilities, and gyms nationwide. Led using WERQ’s signature 3Q1 cueing method and including a preview warm up and yoga-inspired cool down in every class, WERQ offers participants of all dance abilities and fitness levels an achievable, high intensity cardio dance workout.

Zumba
Zumba is a fun, cardio dance class that incorporates Latin, Hip Hop and International rhythms. Zumba is a high-energy workout that will keep your body moving the entire time! No dance experience necessary. Instructors often have different styles and use different types of music, but it's all good fun!
**Zumba Sentao**  
This class combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

**Zumba Step**  
Zumba Step takes everything you love about Zumba and steps it up! This high-energy cardio class blends your favorite Zumba workout with step aerobics. Zumba Step gives you the same dance-party workout with the added benefit of total lower body toning and strengthening.

**Zumba Toning**  
Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

**20-20-20**  
20 minutes Cardio + 20 minutes Strength + 20 minutes Core/Stretching = 100% Total Great Workout!

**STRENGTH & CONDITIONING**

**Ab Lab**  
Cardio-paced interval training with a mixture of strength routines for your abs.

**Active Recovery**  
Our bodies require some "down time" in order to get stronger or faster. But that doesn't necessarily mean doing nothing on your off-training days. Join us for a lighter workout that focuses on core work, flexibility, posture and balance. Your body will thank you.
**Arms ‘n Abs**
Keep your upper body in top shape! Come to class to develop stronger bicep, tricep, and deltoid muscles while shredding you upper abs, lower abs, and obliques. Minimal equipment and maximum effort is Kelly's specialty; she will guide you through a challenging 30 minute workout that will leave you feeling successful... not to mention tank top ready! No complicated machines, no wasted time, and no excuses.

**Beginning Tennis**
This class will provide those people who have little to no experience with tennis a fundamental knowledge of stroke development, footwork, and scoring.
**No drop-ins or FitPass**

**Body Weight Training**
Who says you need weight equipment to get stronger? In this class you'll use your own body weight for resistance. It's harder than you think!

**Body Sculpt**
Body Sculpt is the ultimate total body workout class designed to build strength and tone for every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, body bars and stability balls. This class is fun, effective and for all fitness levels.

**BootCamp**
Challenge yourself with this intense, full body workout using weights, plyometrics, balance ball and cardio. Getting more challenging each week, this program will get you into better and better shape; building strength and confidence.

**BOSU Circuits**
Want a workout that includes balance, strength, functional fitness, cardio (less intense that HIIT), toning & stretching? This class is for you!

**Butts ‘n Guts**
This class is a toning and sculpting class for the entire body. You will not only work your abdominals and glutes, but also your legs, back, etc., using free weights, bands, exercise balls, bosu balls, and body bars for added resistance.
CrossFit
Build your strength, speed and endurance with CrossFit! Our training focuses on high intensity, functional movements that are constantly varied to deliver the biggest benefit.

Functional Training
The training will utilize a combination of exercises which involve complex movements with and without weights. These movements enable greater overall bodily functioning and performance by improving coordination and muscle patterns.

Kettlebell
Want to get the ultimate all around fitness routine? Kettlebells are traditional Russian cast iron weights that provide maximum strength and flexibility while challenging your center of gravity. This class will be a fun yet challenging all-around fitness workout that uses kettlebells combined with plyometrics, body weight and other strength exercises to get you lean in no time! No experience necessary.

INSANITY
INSANITY is a group exercise class inspired by the popular home workout program. Similar to the home workout program, the INSANITY class will push you to your limits with plyometric drills that incorporate intervals of strength, power, resistance, and core strengthening. With basic, intermediate, and advanced options given, this class is for anyone looking for a powerful, athletic workout guaranteed to challenge your body.

Intermediate Tennis
Pre-requisites: Consistent rallying on both backhand and forehand for more than 10 strokes over the net; Average to higher level fitness and footwork; Basic comprehension of point construction and strokes; A consistent serve. You will build and work on pre-existing tennis knowledge and passions.
**No drop-ins or FitPass**

Learn To Skate
Through Yost's Adult Learn to Skate, students will learn how to develop the six fundamental movements that are essential to skating. These fundamentals include getting up and down from the ice and swizzles, forward skating, forward cross-overs,
backwards skating, backward push-unders and transitions. Every class also includes instruction on developing stopping skills on the ice. Students should arrive at least ten minutes before class begins. All students should be prepared wearing warm, comfortable athletic attire. Bring your own skates if possible, but rental skates are available free of charge. Helmet, elbow pads, and other protective equipment are encouraged but not required.

This class cannot be used for any special promotions **No FitPass**.

**R.I.P.P.E.D**

**THE ARTS**

*Beginners (Beg)*
*Intermediate (Int)*
*Advanced (Adv)*

**Ballroom**
Learn Ballroom and Latin social dances with Peter and Linda. This experienced couple will teach you the basics of dances selected from Swing, Foxtrot, Tango, Cha Cha, Rumba, Salsa and Waltz. No experience is necessary. A partner is recommended but not required.

**Beginning Pilates**
Pilates is a unique system of stretching and strengthening exercises developed in the early 1900s by Joseph Pilates. Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more aligned and streamlined shape. The class will primarily be centered around and focused on the mat work principles of Pilates working from a neutral spine. Over the course of the semester, students can expect to strengthen the core, improve posture, increase flexibility and have a better overall awareness of body alignment. Classes begin with a warm up before moving into a series of exercises designed to flow one right into the next.

**Beginning Yoga – (Beg)**
Serving as an introduction to the various yoga asanas, or postures, this class will provide appropriate challenge while proceeding at a comfortable pace. We will pay careful attention to form and alignment, and different modifications will be shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one’s practice.

**Capoeira**

Born out of an ever present need to protect themselves in a hostile environment, Africans enslaved in Brazil practiced a martial art now called Capoeira. It was and is composed of cat like movements where participants collapse to the ground, use cart-wheels, flips, handstands and many other deceptive movements to avoid strikes and injury by opponents. All of these actions are combined to compose a fluid form of martial art. Participants will explore some of the basics of this art form to the rich and vibrant sounds of Afro-Brazilian percussion. Develop amazing balance, flexibility and strength with slow and controlled movements. Students will have the opportunity to play the instruments involved with Capoeira as well as practice Brazilian samba and other cultural dances on some occasions.

**Gentle Yoga – (Beg)**

Loose yourself to light strength-training and stretching of sore muscles, all to the rhythm of your breath and soothing beats. Release tension and stress while energizing as we practice the time-tested methods of pranayama (yogic breathing technologies), body-awareness, and somatic alignment.

**Hatha Yoga – (Beg)**

These days, hatha is most often used to describe gentle, basic classes with no flow between poses. A hatha class will likely be a slow-paced stretching class with some simple breathing exercises and perhaps seated meditation. Postures are designed to increase strength, flexibility, and balance. This is a good place to learn beginners' poses, relaxation techniques, and become comfortable with yoga.

**Healing Yoga – (Beg)**

Healing Yoga offers everyone a chance to experience the mental and physical benefits of yoga. This class is designed for people dealing with stress, anxiety and injuries. It includes poses modified for your individual needs as well as stretches and breathing exercises to help you incorporate balance and mindfulness into daily life. Everyone is welcome!

**Hot Vinyasa Yoga – (Int/Adv)**
Vinyasa Yoga with HEAT! Vinyasa Yoga involves flowing through postures that unite breath and movement. Through a series of dynamic sequences, students learn to connect the mind, body and spirit for a relaxing or revitalizing effect. This class welcomes both new and experienced yoga students. You are required to use a bath towel or yoga mat towel. Yoga mat towels are available for purchase in the UMove office for $20.

**Intermediate Pilates**
Intermediate Pilates will be a continuation of the mat exercises from Beginning Pilates with the addition of several new and more advanced exercises, including the use of accessories which will enhance the exercises to make them more challenging. Intermediate Pilates will move at a faster pace; therefore, the completion of a Beginning Pilates class is recommended.

**Kundalini Yoga – (Beg/Int)**
Kundalini Yoga is an ancient yoga technology that can enhance and improve all aspects of your life. It is a flow of movements, postures, and breaths, each of which is designed to achieve a specific goal. Every class is a different workout intended to address a different aspect of our lives, both physical and spiritual. It’s the perfect choice for the busy person with limited time for exercise. Come stretch, move, breathe, sweat, laugh and relax all in one session, and come out feeling refreshed and renewed.

**Kundalini Yoga for Anxiety and Depression– (Beg/Int)**
This class is designed to keep you centered, energized and thinking clear throughout the semester. We use ancient yogic techniques to relieve stress, anxiety, and relieve and transform negative emotions. You will learn tools to use in class and in life to keep uplifted and seeing life with perspective. We use breath and movement and sometimes mantras (sound current) and music with positive affirmations to direct the mind. The mantras are in an Indian language and in English. At the end of class you will be relaxed, and sometimes you will listen to the healing sound of the gong to achieve a deeper relaxation.

**Kundalini Yoga for Sleep– (Beg/Int)**
Good sleep is one of the most important things for a healthy life, and yet it can be hard to come by – especially when we are working against deadlines or worried about responsibilities. Kundalini yoga can help you regain that most important part of your life, helping you recharge, revitalize and restore yourself for your busy days by bringing deep relaxation back to your nights. We will work on breath patterns that trigger a relaxation response, we will do some "kriyas" (series of exercises triggering the parasympathetic system) and a short meditation (which will be doing more breath work) and a short relaxation.
**Meditation for Mental Sharpness**
Utilizing a daily meditation practice will increase your ability to handle the pressures and stimulation of this age of information overload. We will practice ancient meditation techniques to remove Brain Fatigue and Live in your Excellence! Learn how to meditate using your breath, sacred sound, concentration and rhythm. Enter a place of stillness and empty yourself! No experience with meditation is necessary to attend.

**PiYo**
PiYo Strength is a cross between Pilates and yoga with more of an emphasis on strength. By setting Pilates moves and yoga poses to faster music, you get a workout that focuses on a mix of strength training, flexibility, balance work, and some cardio. PiYo Strength uses your own body for resistance to get a full-body workout.

**Power Yoga – (Adv)**
This vigorous, Vinyasa-style (flowing from pose to pose) class will help you make the essential connection between breathing, flexibility, strength and clarity of mind. Focusing on how breath supports movement will not only transform your yoga/fitness practice, but can bring greater confidence, ease and serenity to your daily life. All levels are welcome—willingness to make an effort is all that’s required.

**Restorative Yoga**
Restorative yoga is a great way to relieve the effects from chronic stress, illness, injury, fatigue, or just a hard day. We will begin with a simple warm up and then delve deeper into modified yoga twists, forward bends, stretches, and gentle inversions to alternately stimulate and relax the body. Props, such as blankets and straps, will also be utilized. This class will end with meditation, allowing for complete relaxation. All levels are welcome and no previous experience is necessary.

**Vinyasa Yoga – (Int/Adv)**
Vinyasa Yoga involves flowing through postures that unite breath and movement. Through a series of dynamic sequences, students learn to connect the mind, body and spirit for a relaxing or revitalizing effect. This class welcomes both new and experienced yoga students. **Sunrise Vinyasa Yoga** is offered in the early morning hours to start your day.

**Yoga Core – (Adv)**
A blend of Vinyasa yoga and strengthening exercises for the core and body alignment.
**Yoga for Anxiety/Depression – (Beg)**
This class will go through restorative sequences to help calm anxiety and lift depression. Combined breath and body exercises will soothe the mind and aid in relieving chronic stress. Short meditations will focus on balancing moods and reframing negative thinking. No diagnosis required, the class is about treating your body with kindness and developing a healthy relationship with yourself.

**Yoga for Health and Wellness**
Using the ancient techniques and practices of yoga learn and experience how you can increase your health and overall wellbeing. Connecting with your breath combined with various body postures you can stimulate your own bodies healing capacity, strengthening your immune system, deeply relaxing and rejuvenating yourself. There are healing sounds and specific yogic meditations that can be done to heal others as well. All levels and abilities welcome to attend.

**Yoga for Stress and Vitality**
We need practices to counter balance our stress load! In a very short time Yoga can revitalize, renew and recharge you. Learn to increase your vitality and have the strength and courage to overcome the challenges of this time. We will move and work hard to release tension and stress. Class will include a deep and rejuvenating relaxation. Everyone can benefit from this class.