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.

*Available for credit. See your academic advisor before registering.*

**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.

*Available for credit. See your academic advisor before registering.*

**No drop-ins or FitPass**
**Lifeguard Training**
This class teaches you the skills needed to save a life. You need to be able to swim 300 yards and pick up a brick from the bottom of the pool in order to participate in the class. Throughout this class you will learn water safety, CPR/AED, and first aid skills.
*Available for credit. See your academic advisor before registering.*
**No drop-ins or FitPass**

**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.

**WSI**
The purpose of this course is to train instructor candidates to teach courses in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use course materials, how to conduct training sessions and how to evaluate participant progress. Demonstration, explanation, and utilization of course manuals and materials, videos and DVD’s, analysis and practice of teaching skills are used to carry out course objectives.
*Available for credit. See your academic advisor before registering.*
**No drop-ins or FitPass**

**CARDIO**

**Cardioblast**
Cardioblast is a high-intensity cardiovascular workout in the style of conventional high/low impact aerobics. Easy-to-follow moves to the sound of fast-paced contemporary dance music make this class super fun! Cardioblast is ideal for strengthening and improving the cardiovascular system.

**DanceJam**
DanceJam is a cardio workout to popular music with easy to follow choreography. Absolutely no dance 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!
**Cardio 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.

**Tabata Circuits**
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!

**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 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.
STRENGTH & CONDITIONING

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

Arms ’n Abs
Keep your upper body in top shape! Come to class to develop stronger bicep, tricep, and deltid 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.

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.

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.

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.
THE ARTS

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

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.

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.

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.

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.