<table>
<thead>
<tr>
<th>Class Description</th>
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<tbody>
<tr>
<td><strong>Cardio Strength</strong></td>
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<tr>
<td>This class uses both strength and</td>
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<tr>
<td>endurance exercises to create an</td>
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<tr>
<td>effective workout. Come in and</td>
</tr>
<tr>
<td>join the fun.</td>
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</tbody>
</table>

| **Core Blast**                    |
| Get ready for a challenging 30   |
| minute class designed to engage  |
| and strengthen your core. Your    |
| abs, hips, and back will thank    |
| you after taking this class.      |

| **Cycle**                          |
| Strap in for a fun and exciting   |
| ride full of hills, sprints, and  |
| jumps. Take this non-impact class  |
| to help you reach your goals. All  |
| fitness levels are welcome! Limited to 15 participants. |

| **Dance Fusion**                   |
| A mix of today’s reggae, hip-hop,  |
| and latin hits to create a        |
| high-energy dance workout. This    |
| class includes simple dance steps  |
| to tone, sculpt, and improve       |
| endurance.                         |

| **Guts, Butts, & Thighs**          |
| Sculpt, shape, and strengthen your |
| abs, glutes, and legs. A variety    |
| of lunges, squats and other lower   |
| body movements will work your body. |
| This class is open to all fitness  |
| levels.                            |

| **Hula Hooping**                   |
| Hula Hooping combines aerobics and |
| conditioning exercises. This class  |
| improves balance, flexibility, and  |
| core strength. Come ready to        |
| have some fun.                      |

| **Insanity ®**                     |
| A cardio based total-body          |
| conditioning class that will build  |
| muscle while stripping away fat,    |
| increase endurance, and improve     |
| stamina. Be ready to sweat in this   |
| heart-pumping class!                |

| **Kickboxing**                     |
| Ready to punch, kick, and jump      |
| your way into a sweaty workout?     |
| This cardiovascular class will do    |
| just that by combining martial      |
| arts, kickboxing, and more!         |

| **Pilates**                         |
| Develop leaner muscles and         |
| establish core strength and        |
| stability. Breathing and relaxation |
| are combined with exercise to       |
| help you “center” your mind and     |
| body.                               |

| **Power Yoga**                     |
| Body weight is used to create a    |
| fun and challenging yoga flow.      |
| Modifications are given in the class. |
| All classes end with relaxation and |
| stretching to restore the body and  |
| mind.                               |

| **Salsa**                           |
| Ready to get your salsa on in this  |
| high-energy dance class? Along with |
| unique salsa shines, other latin    |
| dance styles will be included. You’ll |
| be having so much fun, you’ll forget |
| you worked out.                     |

| **SPINNING®**                       |
| Spin will get your heart pumping    |
| while riding on our SPINNER® bikes. |
| The instructor will lead you        |
| through a non-impact workout that    |
| will make you sweat. Limited to      |
| 15 participants.                    |

| **Total Body Blast**                |
| This interval training workout will |
| blast calories long after class      |
| ends. A variety of equipment is      |
| used to challenge and strengthen all |
| muscle groups. Come early! Space is  |
| limited to 15 people.                |

| **TRX**                             |
| Transform your body into a machine.  |
| TRX uses body weight exercises to    |
| develop strength, balance, flexibility, and core stability. Space is limited to 8 participants, so come early! |

| **Yoga**                            |
| Reconnect with your mind and body    |
| while improving your strength and    |
| flexibility. Each instructor has a    |
| unique teaching style, be sure to     |
| try them all.                        |

| **Zumba**                           |
| Come join the party! Dance to Latin  |
| and work rhythms in this total body  |
| workout. Easy dance steps and body-sculpting moves, makes this a perfect workout for everybody and every body. |

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**Campus Recreation**

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