

Cougar X Group Exercise

Class Descriptions

See SFC Reception Desk for Questions.

Belly Dancing*

Women of all shapes and sizes can enjoy this class. The course is designed for dancers of all levels, including those who have no dance experience. Learn specific controlled movements that are used in Middle Eastern Dancing along with choreographed dance routines to link individual movements together. Pre registration and \$10 class fee required.

Body Sculpting

Strengthen & sculpt your entire body with a class that works your upper body, lower body, and abs. This class is a complete total body workout using free weights, body bars, resistance bands, and balance balls.

Bootcamp

This is the total body workout you have been searching for. This group class will make you push yourself to the limit. This class offers a wide range of total body training techniques to keep the class fresh throughout the semester.

MAX CLASS SIZE: 50

Bootcamp Express

Give it all you've got in this 30 minute total body workout. This class will keep your body guessing with new & challenging exercises in half the time!

BOSU Sculpt

BOSU stands for "both sides utilized" – and that's exactly what this class is all about! Utilize both sides of the BOSU to sculpt your entire body while constantly challenging your balance.

MAX CLASS SIZE: 14

BOSU Step

Get the killer cardio workout you've been looking for in this high-energy step workout on the BOSU! You'll burn some serious calories while challenging your balance, endurance, and core strength.

MAX CLASS SIZE: 14

Butts, Guts, & Thighs

This class focuses on strengthening the muscle groups of your lower body: quadriceps, hamstrings, glutes, inner/outer thigh, as well as your abdominals.

Cardio Stepboxing

Incorporate step combinations and kickboxing moves to challenge and enhance your fitness level! Get your heart pumping with this total body workout that's sure to tone your entire body.

Couples Salsa*

Salsa is a high tempo great aerobic workout for everyone. This class will teach you the basics as well as advanced moves to get your heart rate up. Partners are required (**A partner is needed to perform more advanced moves**). Sign up together. Pre registration and a \$10 fee is required. Non-affiliated participants must purchase a day pass for each class.

MAX CLASS SIZE: 30

Faculty/Staff Circuit

A motivating cardio and weight workout for faculty & staff guaranteed to leave you feeling energized for the work day! FREE FOR MEMBERS! Non-members can join for \$100 per semester.

H2O Challenge*

Bring your cardio workout to the water without adding impact to your joints. This class will get your heart pounding and keep you begging for more! Water Aerobics is a mix of shallow and deep end water movements. Pre-registration and a \$10 fee is required.

Hip Hop Abs

Push your abs to their fullest in this intense workout combining hip hop beats with fresh new ways to tone your abs. Hip Hop abs keeps you motivated and burning fat while having the time of your life. No dance background needed!

Pilates

Improve your mental and physical well-being, increase flexibility, and strengthen muscles with this intense workout. Pilates uses controlled movements in the form of mat exercises to tone and strengthen the body.

Power Hour

Hit all the components of fitness in this 30 minute cardio, 20 minute toning, and 10 minute ab workout! You are sure to give your body a shock during power hour!

Power Yoga

Tone and sweat your way through a yoga class specifically designed to strengthen and sculpt your muscles while finding your breath and experiencing calm. Get ready to stretch yourself strong!

Punk Rope

This 30 minute class will have you jumping to all your favorite alternative rock songs! Rock out while getting an intense workout without pain, suffering, or boredom.

Reality Kickboxing*

Just like American Boxing, this class will teach you techniques used by actual fighters. Learn a variety of punches and kicks that are sure to get you into great shape! Pre registration and \$10 class fee required. Stop by the SFC Reception Desk for details.

MAX CLASS SIZE: 30

Rock Hard Abs/Core Express

This class concentrates on strengthening and toning up your midsection. With its alternating abs and back exercises you are sure to get a core workout like never before!

SPIN@

This cycling class is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, and music that begs your legs to pedal, getting into the best shape of your life has never been more fun!

SPIN@ Adventure Rides

Join six top cyclists in an exhilarating DVD RIDES experience through various sceneries including: The Rockies, Southern California, North Carolina, and Las Vegas.

Grey's Anatomy SPIN@

What better way to watch your favorite Thursday night show? Catch up on all the gossip at Seattle Grace while getting a great workout in too!

SPIN@ & Tone

Combine cardio with toning and get the total body workout! This class offers 60 minutes of spinning and 15 minutes of toning.

Turbo Kick

Kick off the fat with this high-energy cardio workout. This class will increase energy, burn fat, and relieve stress with its unique kickboxing moves!

Zumba

Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. With exciting and unique moves you will have fun while getting fit