University of South Carolina Group X Class Descriptions

All classes offered are suitable for all fitness levels; our instructors are thoroughly trained and will offer a variety of options and intensities for all participants to work at.*Classes are either 45 or 60 minutes in length, unless otherwise noted.*

**CARDIO Classes:**

**BODYCOMBAT™** - The Les Mills BODYCOMBAT™ is a high energy martial arts inspired workout that is entirely non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave your inhibitions at the door.

**Cardio Kickboxing** - Cardio Kickboxing is a combination of kickboxing, high intensity interval training, dance and the hottest music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength, and endurance training. This class requires no previous kickboxing experience or equipment.

**H.I.I.T Fit** - If you looking for a tradition interval/tabatta style workout look no further! H.I.I.T Fit is high intensity interval training at its finest. Classes may vary in structure based on the instructor, but you can expect to spike your heart rate and improve your cardiovascular fitness. Classes may utilize bodyweight movement, dumbbells, steps, resistance bands, glide discs, medicine balls or body bars.

**Hip Hop** - This session is definitely a dance party that provides continuous cardio using current music and hip hop and dance moves. Come ready to dance and sweat. The instructors break the moves down so they are easy to learn and easy to follow.

**Zumba®** - Featuring Latin rhythms and easy to follow dance moves, Zumba® is a dance exercise class that keeps everyone motivated by creating a dance party atmosphere. Come join the party!

**CARDIO & STRENGTH Classes:**

**H.I.T.T the Ropes** - This high-intensity, full-body, zero-impact workout incorporates the Undulation Training System method. Develop core stabilization, authentic strength and metabolic endurance with this varied-intensity battle rope conditioning class. Learn basic to advanced battle rope moves sequenced in a progressive cardio > strength > power format to create the ultimate metabolic conditioning experience.

**Outdoor Bootcamp** - No guts, no glory in this total body workout! Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed to “make it rain” sweat! This class incorporates athletic drills designed to enhance agility, speed, power, strength, and quickness. Expect to use weighted sleds, agility ladders, cones, dots and bodyweight movements. *Class meets outside on field across from STROM Pool, next to the parking lot and Greek Village*

**TRX** - The TRX Suspension Trainer is the workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You’re in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance. This class builds muscular endurance and appeals to every fitness level. *Space is limited*
**Xtreme Fit**- This is a nonstop powerhouse workout that is guaranteed to challenge you to become stronger, faster and increase your endurance. Similar to cross fit style workouts, expect high intensity, face-paced movements, plyometric drills, use of; kettlebells, battle ropes, dynamax balls (wall balls), bosu, medicine balls, and plate weighted bars.

POUND Rockout.Workout- POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

**INDOOR CYCLING Classes:**
*Space is limited*

**Cycle**- A cardiovascular cycling workout with varying speeds, resistance levels and intensities that you can tailor to meet your personal goals. Cycling is a great way to increase heart rate, build endurance, and strengthen the lower body. Newcomers should plan to arrive early to be fitted to a bike.

**Cycle/Core**- This fusion class delivers a high intensity cycle workout combined with core exercises. The first half of class is spent on the bike, building endurance and breaking a sweat, the other half is off the bike strengthening the core. Newcomers should plan to arrive early to be fitted to a bike

**MIND-BODY Classes:**

**Ashtanga Yoga**- Ashtanga is the original power yoga. A systematic sequence of predetermined flowing postures linked together with the breath. Ashtanga is an athletic flow combining strength, flexibility and stamina for a complete practice. A practice will comprise four main parts: an “opening sequence,” one of the six main “series”, a back-bending sequence, and a set of inverted asanas, referred to as the “finishing sequence.” Practice always ends with savasana.

**Gentle Yoga**- Whether you are just beginning your yoga practice or looking to deepen your practice, this class focuses on the basic principles of yoga. By focusing on the basic mechanics of the various asana and coupling that with conscious breathing, you will build a strong foundation to help you further your yoga practice.

**Mobility for Strength Training** – A majority of lifters experience problems performing exercises properly due to improper technique, mainly due to movement issues. Efficient movement is a delicate balance between mobility and stability. In an effort to improve mobility, this class teaches mobility and stretching techniques, such as foam rolling, stick and band work, and static stretching. Each class is specifically geared towards the mobility of particular joint and the lifts that are dependent on this joint. Participants will go through each mobility exercise during the class and leave with the knowledge and practical experience to achieve great joint mobility.

**Pilates** – This workout uses a series of exercise routines designed to increase your core strength & improve your posture, energy, & flexibility. Pilates work is powered by breath, flow, & centering. By
focusing on the mind-body connection & using more efficient form, this workout helps develop a stronger, leaner, healthier body.

**Vinyasa Yoga** - Vinyasa yoga is an energizing class that cultivates heat, endurance, flexibility, strength and awareness. One dynamic pose flows to the next by synchronizing movement with breath. Stretches, poses, and breathing exercises build energy, boost metabolism, stimulate circulation, and restore overall vitality while improving posture, strengthening muscles, and reducing stress and tension. You’ll always end this class with a deep relaxation period. Vinyasa Yoga* has an extended time spent in savasana.

**Yogalates** - A Yogalates session will include exercises and poses to cultivate strength, stamina, stability and flexibility. This class focuses on muscle strength, balance, body alignment, stabilization, and flexibility using a hybrid of yoga and Pilates exercises. Equipment such as blocks, resistance bands, weights, fit balls and foam rollers may also be utilized to further enhance strength and balance.

**STRENGTH TRAINING Classes:**

**Barre Works** – This class fuses together the basics of ballet dance to strengthen your body, create lean muscle, improve posture, and increase flexibility. This workout combines elements of the standard Barre-Method workout with additional emphases on the core (whole-body exercises targeting the muscles which play the greatest role in body change).

**BODYPUMP™** - The Les Mills BODYPUMP™ is a barbell based workout that strengthens your entire body. This class challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast!

**Strength Training Techniques** - Power and Olympic lifts are essential for achieving optimal functional strength. They require extreme attention to detail and if performed incorrectly can be very hazardous for joints. The current class will review the core power and Olympic lifts (e.g., back squats, deadlifts, front squats, clean, push press, etc.) and break down each exercise into steps. Each class will review a different exercise and the proper technique of that exercise. During each class, participants will have hands on coaching from certified personal trainers on how to perform these exercises in the most efficient and effective manner.

**Total Strength** - This class is designed to target all major muscle groups, head to toe by utilizing equipment including dumbbells, resistance bands, barbells, body bars and more!

**WATER Classes:**

**Hydro Fit** - Benefits of water fitness include increased muscle strength, coordination, endurance, flexibility, and aerobic conditioning. The water provides a low impact type of exercise but, low impact does NOT mean low energy! Floatation belts are provided for deep water. Classes are 45 minutes in length.