Free Fitness Week Class descriptions
June 10 - 14, 2019

Ballet & Barre (HIP): If you love classical ballet technique and working with a ballet barre then this class is for you. Each class will include a 15 minute warm up, 30 minutes of choreographed barre work and short ballet and modern dance choreographies. Wear ballet canvas shoes and comfortable dancing clothes. No previous ballet experience necessary but a good fitness level is recommended.


Bombay Jam (HIP): High energy, fast-paced, Bollywood dance fitness cardio and toning workout packed with authentic flavor.

F45 (Rec): A combination of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training in a team environment. Interval, cardiovascular and strength training have been proven to be an effective method for burning fat and building lean muscle. All in 45 minutes! The Stanford F45 format schedule will always follow the world schedule pattern: Monday/Wednesday/Friday – cardio based training; Tuesday/Thursday – resistance based training.

HAABIT (HIP): Full-body conditioning workout for both men and women designed to enhance muscle definition, balance, strength and endurance in major muscle groups. Focus on Hips, Abs, Arms, Buttocks and Incredible Thighs.

Hatha Yoga with Alignment (HIP): Alignment before action brings greater stability, safety and freedom. Yoga movements are coordinated with the breath and designed to improve posture and alignment.

Indoor Cycling (Rec): Indoor cycling welcomes all levels and abilities. Instructors motivate participants through jumps, hill climbs, intervals, and flat roads for a fantastic cardio workout. Fun, upbeat music keeps you motivated!

Mat Pilates (Rec): This mat-based workout is designed to help participants develop long, lean muscles, gain core strength and stability, and increase mind-body awareness. Various props may be utilized.

Power Yoga (Rec): This is a powerful, energetic form of yoga where students move fluidly from one posture to the next while connecting their breath to their movements. It incorporates strength, flexibility, balance, and both physical and mental stamina. The class is open to all levels offering modifications and the opportunity to try on inversions.

Running Made Easy (HIP): Runners and walk/runners welcome! Beginning runners, walk/runners, intermediate and advanced runners all welcome! Learn proper running form to prevent running related injuries and improve efficiency while you run. Included is 8-10
minutes of warm up, a 30-35 minute run focusing on form, tempo and a 5-10 minute cool down.

**Total Body Workout** (Rec): Challenge your body with a combination of cardio and strength movement patterns, high-intensity intervals and Tabata training. Perfect for anyone trying to improve their fitness and health. Beginners can work at their own levels and intermediate and advanced students will be pushed to their limit by this full-body workout.

**TRX Bootcamp** (Rec): TRX Suspension Training is a workout utilizing a system of suspended straps with handles, allowing the user to leverage their body weight as they train for a challenging, effective workout. This interval-based class will keep the heart rate elevated while transitioning between cardio and strength intervals to develop strength, balance, flexibility, endurance, and core stability with this full-body workout.

**Yoga Basics** (HIP): This yoga class will give you the solid foundation for a safe and fun (yet rigorous) yoga practice. You'll learn a sequence of postures that will strengthen the entire body, increase the range of motion, and expand the capacity of your lungs. You will walk, sit, stand and sleep with more ease. For all fitness levels. Wear comfortable clothing.

**305 Fitness Cardio Dance** (Rec): 305 Fitness is an addictive dance cardio party set to a DJ mix of pop and hip hop music. Forget the fancy footwork—the focus is on high-energy, fun, full-body moves, so you can get your heart rate up and release endorphins. A ten minute strength-training segment will leave you feeling empowered. This workout invites everyone to express themselves, free of judgment!