Group Fitness
Class Descriptions

Please note that we may not offer all classes in this booklet every session.

UPDATED 2/19/2021

Supported by Services & Activities Fee
Ballet Technique

_Dance [Instructional Dance]_

This classical ballet class places emphasis on proper and safe technical placement and movement. Combining exercise routines and choreography that will grow strength, control, and artistry, we structure classes to build dance foundations for novice participants while also challenging and further developing seasoned dancers.

Categories: Dance, Body Conditioning

Goals: Enhance/Increase Flexibility, Dance

Barre (to the Beat)

_Aerobics & Conditioning [Dance Fitness]_

Barre infuses ballet-inspired movements, Pilates, and elements of dance into a 50-minute class. Barre focuses on precise movements that emphasize core strength and balance, making for a fun and challenging workout!

Categories: Dance, Body Conditioning

Goals: Enhance/Increase Flexibility, Dance

Belly Dance Basics

_Dance [Instructional Dance]_

All are welcome to learn the movements that are fundamental to belly dance in a safe and supportive environment! As a unique and evolving dance form with historical roots in Egypt, belly dancing can increase muscle awareness and control while empowering students with the freedom for expression. We will explore each signature body movements through step-by-step technique sequences, drills, and layering to create and complete simple choreography by the end of the class. Come dressed in comfortable clothing for exercise. No prior experience needed.

Categories: Dance, Body Conditioning

Goals: Enhance/Increase Flexibility, Dance
Les Mills Body Pump

*Aerobics and Conditioning*

Interested in building strength in every major muscle group while having a blast? Try Body Pump! Work through ten tracks in this hour-long Les Mills format that will surely challenge everyone, every time, with compound and isolation movements using a barbell, free weights, body weight, and an aerobic step.

**Categories:** Strength Training, Body Conditioning

**Goals:** Get Stronger, Weight Management

*Body Pump, Express (*50 minutes)*

Interested in building strength in every major muscle group while having a blast? Try Body Pump! Work through eight tracks in this express Les Mills format that will surely challenge everyone, every time, with compound and isolation movements using a barbell, free weights, body weight, and an aerobic step.

Les Mills Body Combat

*Aerobics and Conditioning*

In this high-energy, martial arts-inspired, non-contact class, we will punch and kick our way to improved fitness and feel like the champ we all are! We will reveal our best fighter attitude as we learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu in a 45-minute cardio format. Designed for all fitness levels and experiences, no equipment and prior sports/combat experience are necessary.

**Categories:** Cardio, Body Conditioning

**Goals:** Get Stronger, Increase Cardio Fitness

Boot Camp

*Aerobics and Conditioning*

In this military-inspired workout, we incorporate calisthenic and body weight exercises with interval, circuit, and strength training and use a variety of equipment. All with optimal, intense fitness challenges but without the pressures from a thunderous drill instructor, we can take everyone’s fitness to the next level!

**Categories:** Cardio, Body Conditioning

**Goals:** Get Stronger, Increase Cardio Fitness
Brazilian Jiu-Jitsu

Martial Arts

Brazilian Jiu-Jitsu is a martial art and combat sport with a focus on self-defense techniques such as grappling, holds, and submissions. In a safe, controlled environment, we will practice drills to learn fundamental body mechanics and build technical skills, self-defense knowledge, and confidence. We welcome all levels and experiences; participants will need pillows and coats (or other similar home materials) for the ONLINE class.

Categories: Martial Arts, Body Conditioning
Goals: Enhance/Increase Flexibility, Get Stronger

Cardio & Core

Aerobics & Conditioning

Let's elevate our heart rates with indoor cycling and rowing and finish strong with dynamic and functional core training for a well-rounded workout! Inspired by the hour-long 20/20/20 format, this class will bring similar results in 2/3 of the time! We will challenge our muscles and our hearts with circuits, sprints, and more, taking our fitness to a new level.

Categories: Cardio, Body Conditioning
Goals: Get Stronger, Increase Cardio Fitness

Circuit Training

Aerobics & Conditioning

This 40-minute Circuit Training class will incorporate a variety of exercises and equipment to build strength and stability for a total body workout. We will target the major muscle groups to increase muscular endurance and add in cardiovascular training to ensure the heart keeps pumping! We welcome all fitness levels and experiences to participate.

Categories: Cardio, Strength Training
Goals: Get Stronger, Increase Cardio Fitness
Climbing Conditioning

Aerobics and Conditioning

Looking to advance skills and fitness as a climber? Let’s get our send on with this sport-specific conditioning session! We will cover introductory and intermediate level coaching on climbing movement and technique as well as group fitness activities focused on improving climbing strength, endurance, and flexibility. Climbing Conditioning has four primary objectives:

• Improve climbing movement and technique
• Improve climbing strength
• Improve climbing endurance
• Meet other climbers who are also interested in improving climbing ability

Pre-requisite: Participants should acquire WSU Climbing Wall belay qualification within first two weeks of class. Belay clinics are offered separately, approximately twice each week.

Categories: Climbing, Strength Training

Goals: Get Stronger, Meet and Connect with People

Contemporary & Lyrical Dance

Dance [Instructional Dance]

Contemporary dance fuses ballet’s controlled legwork and modern dance’s emphasis on the torso, while lyrical also adds aspects of jazz and other classical dance styles. We will explore creative freedom and emotional display in this class through fluid choreography with varied rhythm, speed, and direction. We welcome all levels to experience independence through movement and music!

Categories: Dance, Body Conditioning

Goals: Enhance/Increase Flexibility, Dance

Core Blast

Aerobics and Conditioning

Core Blast is more than just the crunches: here's a quick, challenging workout that will strengthen the core and help with balance, stability, coordination, control, and endurance. We call our core "core" for a reason- a strong core is integral to maintaining proper posture, form, and alignment as we move throughout our daily lives. From circuits to floor work, we will leave class much stronger and motivated!

Categories: Strength Training, Body Conditioning

Goals: Get Stronger, Weight Management
Coug Cycle

Indoor Cycling

Ready for a party on the bike? Inspired by boutique cycle classes, UREC’s Coug Cycle is an experience-focused, music-driven, dance-inspired Spin class that will bring upbeat energy and elevate everyone’s workout experience! We use the beat of the music as the RPM tempo and add colorful lights, themed days, and great music for a dynamic, lively, and revitalizing ride. Feel the difference and join us!

NOTE: To ensure safety, we highly encourage patrons to take at least one session of Spin classes prior to enrolling in Coug Cycle.

Categories: Cardio, Cycling

Goals: Increase Cardio Fitness, Meet and Connect with People

Country Line Dance

Dance [Instructional Dance]

Time to polish those boots! We will learn fun, lively choreography inspired by various line dances that grew from Old West settler communities and boomed as an iconic country phenomenon in the 1970’s. Featuring American folk dance influences, from the Electric Slide to the Cowboy Cha Cha, we will move to country and hoedown tunes.

Categories: Dance, Cardio

Goals: Dance, Meet and Connect with People

CougStrong

Formerly CrossFit

Based on principles of mechanics, consistency, and intensity, CougStrong workouts involve constantly varied functional movements performed at high intensities. We will work to set a solid foundation, increase knowledge of fundamental exercises, and improve work capacity, strength, and endurance. Broad and inclusive for all levels and experiences, CougStrong at UREC considers any physical or unknown contingency!

Jumpstart: CougStrong Jumpstart is our “on ramp” program intended to give first-timers the essentials of CougStrong in preparation for regular classes. This week-long, beginner-focused course includes lecture, discussion, and coaching on foundational movements. We encourage everyone to attend 4 out of the 5 classes during All Access Week (*dates vary) before purchasing regular CougStrong classes.

Intro: This beginner-focused class places emphasis on slow progression and movement coaching.

Categories: Cardio, Strength Training

Goals: Get Stronger, Increase Cardio Fitness
Functional Training

**Aerobics & Conditioning**

This 50-minute class will incorporate a variety of exercises to prepare our bodies for day-to-day activities and movements such as squatting, reaching, pulling, and lifting. We target major muscle groups to increase muscular endurance and build strength and stability. We welcome all fitness levels and experiences to participate.

Categories: Strength Training, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

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Les Mills GRIT

**Aerobics and Conditioning**

Les Mills GRIT is a 30-minute High Intensity Interval Training class that incorporates short bursts of high-intensity exercises using barbells, plates, and body weight followed by periods of active recovery. We will take our workout into overdrive as we improve cardiovascular endurance, muscular strength, and range. This class will surely provide the challenge and intensity, and we will motivate each other to get better and stronger, together!

Categories: Cardio, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

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Jazz Dance

**Dance [Instructional Dance]**

Jazz as a dance style has roots in jazz music and African American culture. In this upbeat class, we will explore dance techniques and choreography for various forms of jazz, including Street, Funk, Contemporary, and Broadway Jazz. As everyone of all levels learn intricate rhythms and incorporate leaps, turns, and kicks, we will build control and strength while having fun.

Categories: Dance, Body Conditioning

Goals: Dance, Meet and Connect with People
**Kickboxing**

*Aerobics and Conditioning*

In a high-energy, fast-paced class that is sure to pack a punch (along with kicks and jabs), we will work to improve our cardiovascular fitness, muscular endurance, and kickboxing technique. With the use of mitts, heavy bags, and other equipment, we will complete non-contact kickboxing drills, strength training, and cardio. Designed for all fitness levels and experiences, no prior sports/combat experience is necessary.

Categories: Cardio, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

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**Mindfulness & Meditation**

*Mind/Body*

We invite everyone to take 30 minutes to practice mindfulness techniques and meditation, which research has shown can help improve stress management, happiness, and sense of wellbeing! In a guided session covering exercises from breathing to sensory meditation, we create a welcoming, supportive environment for people to explore, reflect, and breathe. No prior experience necessary.

Categories: Mind/Body

Goals: Manage/Reduce Stress, Meet and Connect with People

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**Mixed Styles Choreography & Improv**

*Dance [Instructional Dance]*

Incorporating various dance styles from contemporary to hip-hop, we will learn what it means to be in an ensemble. Open to all levels and experiences, this class balances choreography and improvisation through interpretive, expressive, and energizing work for the individual and group. We will move to classic and modern hits and experience the flow of movement without inhibition.

Categories: Dance, Body Conditioning

Goals: Dance, Meet and Connect with People
Mobility & Flexibility (Mo-Flex)

*Aerobics and Conditioning [Mo-Flex]*

Supplement hard work at the gym and fitness classes with time to relieve muscle tension and cool down. Emphasizing body recovery and awareness while improving mobility, range of motion, and flexibility, techniques will include stretches, foam-rolling, animal flow sequences, and more.

Categories: Mind/Body, Body Conditioning

Goals: Enhance/Increase Flexibility, Manage/Reduce Stress

Outdoor Conditioning

*Aerobics and Conditioning*

This new class will be a breath of fresh air, as we take our fitness routine outdoors! We will utilize body weight training to strengthen, high intensity interval training (HIIT) and other high output cardio drills to get our heart rates up and draw from a wide menu of movements and terrain to increase stability, balance, coordination, agility, and flexibility.

Additional wellbeing outcomes associated with outdoor group fitness include improved mental health, stress reduction, and social support. This class is open to all fitness abilities and is also intended as cross-training for recreational athletes (outdoor and traditional).

Preparedness: Patrons should dress to train outside. Please consider personal needs like sun care and hydration.

Optional equipment: Patrons can use a personal backpack (daypack with comfortable straps, like for hiking or school), weighted with water bottles, or other personal items for added intensity. For plank/push-up type exercises, we recommend bringing a small foam pad (for knee protection) or mat.

Categories: Cardio, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness
Pink Gloves Boxing (PGB)

Aerobics and Conditioning

Let's work to reveal the champion within ourselves in this circuit-style, non-contact boxing format with values rooted in women's empowerment and community! We will focus on setting goals and growing stronger through boxing and conditioning drills, together. Class purchase includes hand wraps, gloves, and the Pink Gloves Boxing Manual (gloves are required and will be available for use).

Categories: Cardio, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

Pole Fit

Dance [Dance Fitness]

Pole Fit takes concepts from barre, yoga, and Pilates and utilizes them in a way to build strength and empowerment on a pole. Through lifting our own body weight and defying gravity, we will increase the strength in our core and upper body. Combined with floor work to target the whole body, this class offers a unique approach to fitness that everyone can enjoy!

Beginner: This class is geared toward beginners, but all levels of experience are welcome to participate.

Intermediate: This class is great for those who have prior Pole Fit experience, feel comfortable with the pole, and are ready to build on their skills. However, all levels of experience are welcome to participate.

Sunday, All Levels: All levels of experience are welcome to participate.

Strength & Flexibility: This class places emphasis on proper movement, alignment, and flow, applying yoga and mobility principles to achieve more effective execution on and off the pole.

Categories: Strength Training, Body Conditioning

Goals: Get Stronger, Meet and Connect with People
Pole Fit Dance Choreography

*Dance [Instructional Dance]*

Taking concepts from barre, yoga, and Pilates, this instructional class will teach choreography using the pole. We welcome students of all levels and experiences to explore various techniques and movements that target the whole body and build strength, confidence, and sense of empowerment. Past or concurrent Pole Fit class participation is encouraged for technical practice, but not required.

Categories: Dance, Body Conditioning

Goals: Enhance/Increase Flexibility, Dance

Polynesian Dance

*Dance [Instructional Dance]*

Pacific Islanders have long told stories and upheld cultural traditions through dance. All dancers are welcome to experience that through styles from the Polynesian region, including Tahitian and Hula dances. With emphasis on the hips and core, along with work for the shoulders and limbs, we will get a good workout while learning about island cultures and dance techniques.

Categories: Dance, Body Conditioning

Goals: Dance, Meet and Connect with People

Spin

*Indoor Cycling*

Group indoor cycling offers a challenging yet safe workout for participants of all levels. Participants control their intensity individually while the instructor leads the class through simulated terrain accompanied by great tunes and energy-pumping drills. Spin will build everyone's cardiovascular endurance, muscular strength, and muscular endurance as we pedal our way to increased fitness.

Categories: Cardio, Cycling

Goals: Increase Cardio Fitness, Meet and Connect with People
**Spin & Core**  
*Indoor Cycling*

This class combines a fun-filled Spin portion that features endurance, interval, and strength training with a core-strengthening session for a full-body workout. With great tunes and energy-pumping drills, everyone will improve their cardiovascular endurance and core stability.

Categories: Cardio, Cycling

Goals: Get Stronger, Increase Cardio Fitness

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**Spin, HIIT**  
*Indoor Cycling*

This 40-minute High Intensity Interval Training (HIIT) cycling class will consist of a 5-minute warm up, 30-minute heart-pumping intervals, and 5-minute cool down with stretching. Participants can control their intensity individually while the instructor leads the class through simulated terrain accompanied by great tunes and energy pumping drills.

Categories: Cardio, Cycling

Goals: Get Stronger, Increase Cardio Fitness

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**Spin, Intro**  
*Indoor Cycling*

Explore the basics of Spin to help master technique and improve cardiovascular endurance on a bike! This 30-minute class is a great option for those interested in “getting into” cycling or those needing a refresher. From conquering basic drills to understanding their purposes, we will foster a positive learning environment within a great workout for all levels.

Categories: Cardio, Cycling

Goals: Increase Cardio Fitness,  
Meet and Connect with People
STRONG Nation

*Aerobics and Conditioning*

From the creators of Zumba comes STRONG Nation, a class that combines body weight, muscle-conditioning, cardio, and plyometric training moves synced to original music specifically designed to match every single move. Music drives every squat, every lunge, and every burpee, helping everyone make it to that last rep- and maybe even five more. We encourage everyone of all fitness levels and experiences to participate!

Categories: Cardio, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

**Taekwondo**

*Martial Arts*

Taekwondo is one of the world’s most popular martial art forms. Hailing from Korea, this combative sport focuses heavily on kicks, jumping, and spinning. Taught by a certified black belt instructor, we integrate all aspects of this dynamic martial art including full-body conditioning and mental development. We will build strength, confidence, and self-defense skills in this class, as well as learn about the Korean culture, customs, and language. There will also be opportunity for belt testing and advancement at the end of the session.

*Advanced:* This Advanced course is directed toward more practiced martial art students.

*Beginner:* This Beginner class caters to those beginning their journey with martial arts, focusing on establishing a solid base in the format.

Categories: Martial Arts, Body Conditioning

Goals: Enhance/Increase Flexibility, Get Stronger

**Tap Dance**

*Dance [Instructional Dance]*

In this class, we will learn the basics of tap, including technique, choreography, and history. A popular style that arose from American musical theater, tap uses footwork as percussion on floors, instilling sense of rhythm, style, and balance. The focus will be on the lower body and ankles, while the upper body helps enhance storytelling through movement. As we explore performance-based themes, we will build fitness and confidence in an environment free from judgment or pressure. All levels welcome; no tap shoes required.

Categories: Dance, Body Conditioning

Goals: Dance, Meet and Connect with People
TRX Turbo

*Aerobics and Conditioning*

Get a full body workout in only 40 minutes with this high-intensity, fast-paced turbo class! TRX is a form of body weight suspension training that is completely customizable for all fitness levels and individual goals. We will improve strength and balance while also targeting flexibility and core stability in this fun yet challenging class.

Categories: Strength Training, Body Conditioning

Goals: Get Stronger, Increase Cardio Fitness

*Yoga @ 90º*

The room temperature for these yoga classes is set to 90º Fahrenheit.

*Yoga, Chair*

*Mind/Body*

In this low-intensity yoga class, we will modify and conduct all poses and stretches while seated, making this a great option for beginners or those needing additional support. We will work to build strength, flexibility, and mindfulness and complete our yoga practice feeling resilient and refreshed.

Categories: Mind/Body

Goals: Manage/Reduce Stress, Meet and Connect with People

*Yoga, Core*

*Mind/Body*

This yoga class places extra emphasis on the powerhouse of the body— the core. Targeting all major muscle groups in the trunk for a stronger foundation, this class is suitable for all levels and experiences.

Categories: Mind/Body, Body Conditioning

Goals: Get Stronger, Manage/Reduce Stress
Yoga Gentle

Mind/Body

This low-intensity yoga class will leave everyone feeling rejuvenated and peaceful. We focus on flexibility and mindfulness by using movement to increase awareness in both mind and body. With an extended warm up, cool down, and stretching portion, this class is a great option for beginners!

Categories: Mind/Body, Body Conditioning

Goals: Enhance/Increase Flexibility, Manage/Reduce Stress

Yoga, Intro

Mind/Body

This yoga class is great for practitioners of all levels! Teaching key poses and placing emphasis on technique, this class will build everyone a solid foundation: it can teach how to build technique from the ground up for those who are new to yoga practice or help polish poses for those who have been practicing for years.

Categories: Mind/Body

Goals: Enhance/Increase Flexibility, Manage/Reduce Stress

Yoga, Mindful

Mind/Body

This yoga class will give everyone the space to relax and open up in a way that soothes muscles and releases minds. With its slower pace, this class will keep everyone supported and safe while we connect with our breath and body.

Categories: Mind/Body

Goals: Enhance/Increase Flexibility, Manage/Reduce Stress

Yoga, Power

Mind/Body

This yoga class is great for anyone who wants a mind/body class with an extra boost of energy. Characterized by its fast pace, this class will feature a higher intensity level, empower everyone to keep moving, and offer options that challenge the body and mind while building strength and power.

Categories: Mind/Body, Body Conditioning

Goals: Enhance/Improve Flexibility, Manage/Reduce Stress
**Yoga, Restorative**  
*Mind/Body*  
This yoga class features poses and sequences with lower intensity levels intended to create a relaxed state of body and mind. We will ease into the practice with a gentle warm-up and use blocks, blankets, and straps to support our movements.  

Categories: Mind/Body  
Goals: Enhance/Increase Flexibility, Manage/Reduce Stress

**Yoga, Strength**  
*Mind/Body*  
This yoga class incorporates strength training that will strengthen the body and mind. Featuring a higher intensity level, we will use free weights, bands, and balls frequently as well as work with more challenging poses.  

Categories: Mind/Body, Strength Training  
Goals: Get Stronger, Manage/Reduce Stress

**Yoga for the Strength Athlete**  
*Mind/Body*  
Improve core stability and strength while increasing mobility and releasing built-up tension. This yoga class is an excellent addition to any fitness regime. Everyone will be challenged through powerful flows and then rewarded with a long relaxing period of stretching that deeply targets tired muscles.  

Categories: Mind/Body, Body Conditioning  
Goals: Enhance/Improve Flexibility, Manage/Reduce Stress

**Yoga, Vinyasa Flow**  
*Mind/Body*  
This yoga class involves a mindful practice during which we “flow” from one pose to the next. We move with our breaths in sequence of various poses. One of the most popular yoga styles, Vinyasa Flow will leave us feeling refreshed and centered.  

*Sunrise version:* Vinyasa Flow will leave us feeling refreshed and centered *as we greet the sun and start the day!*  

Categories: Mind/Body  
Goals: Enhance/Increase Flexibility, Manage/Reduce Stress
Zumba

Aerobics and Conditioning [Dance Fitness]

Let’s lose ourselves in the music and find ourselves having fun while staying fit at this original dance-fitness party from Colombia! We feature various Latin rhythms and other dance styles set to high-energy international beats. Our energy levels will soar while we increase cardiovascular endurance in an effective and exhilarating workout!

Women’s Only version: We have designated this class as “Women’s Only” to meet specific cultural needs.

Categories: Cardio, Dance

Goals: Increase Cardio Fitness, Dance

EQUITY, DIVERSITY & INCLUSION

UREC for All: Our Commitment

We at University Recreation and the Chinook commit to empowering our students and community members to succeed through equitable support and engaging programming. We foster an inclusive climate that enables all to thrive.

We welcome everyone to participate in our group fitness classes. Our program provides diverse opportunities to the WSU community through over 180 classes per week in 45 unique formats. We train our instructors to ensure equitable, positive experiences that fit various exercise needs and incorporate all fitness levels and experiences.

Accessibility: University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene at 335-9669 for more information.