

Student Rec Center

Group Fitness Descriptions

Fall
2018

DANCE CLASSES

- **ZUMBA:** Every class feels like a party to Latin beats and rhythms when you take Zumba! Come join us and you'll see what we mean. No dance experience required! Just move your body and follow our lead. It's easy! Come shake, shimmy, and sweat to the beat!

MIND/BODY/MEDITATION CLASSES

- **VINYASA FLOW YOGA:** Vinyasa yoga style takes a traditional approach with synchronized movements and deep-flow breathing. Challenge yourself with traditional asana (poses) and breathing sequences that will strengthen your core and overall stability. Feel the stretch with other yogis while listening to the sound of relaxing tunes.
- **GENTLE FLOW YOGA:** Designed for beginner and intermediate yogis, gentle flow yoga guides you through smooth and rhythmic motions for basic and more challenging poses. If you are looking for a gentler yoga experience, this is the class for you.
- **JOURNEY TO SELF: MEDITATION:** Take a break in your day to let go of the "have to's" to re-center yourself and just BE. This class will guide you through a practice of concentrated focus upon a sound, object, visualization, the breath, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.
- **MINDFUL MOVEMENT YOGA:** This class allows one to work on creating space in the mind/body/and soul, through guided breath-work, gentle and effective Yoga postures, followed by a guided meditation using sound healing. Take this time for yourself to just BE, and release what no longer serves you.

INDOOR SPIN/CYCLING CLASSES

- **INDOOR CYCLING:** Group indoor cycling offers a challenging yet safe workout for participants of all levels. Control your intensity individually while the instructor leads the class through simulated terrain accompanied with awesome, upbeat tunes. Spin builds cardiovascular endurance, muscular endurance and strength as you pedal your way to increased fitness.

rrcc.edu/src



RED ROCKS
COMMUNITY COLLEGE
STUDENT RECREATION CENTER