

Group Fitness Descriptions

Spring
2019

Student Rec Center

AEROBICS AND CONDITIONING CLASSES

Jillian Michaels BODYSHRED: This is a quick, high-intensity & endurance based 30-minute workout utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You will shred fast, define muscles, dramatically enhance athletic performance and transform your physical physique.

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.

Bro-Yoga: Geared specifically for men, Bro-Yoga is a strong and energetic yoga class that helps participants, whether beginner or intermediate, practice sound yoga postures and functional core fitness while engaged in a comfortable and welcoming environment.

Pranayama & Meditation: Pranayama is an integral part of yoga – conscious awareness of breath. Engage in powerful yogic breathing techniques to relieve stress, anxiety, and to bring an overall balance into your energy field. Leading into pure silence through a guided meditation to end the class.

Restorative Yoga: Restorative yoga is a floor-based practice of sthira (steadiness) and sukha (ease). This deeply relaxing practice combines supported poses, guided relaxation, yogic breathing, and an extended savasana.

Align & Flow Yoga: A bit of alignment and a bit more flow. We move and breathe, taking time to pause and feel; observe and adjust. Mindful movement is coupled with breath, and longer holds in poses are complimented with active alignment cues. This class is suitable for intermediate and advanced yogis interested in a lower intensity flow.

Yin Yoga (Rest and Restore): Unwind after a long day with Yin Yoga. This style is a slow, meditative, and simple practice that aids the body in releasing tension, stiffness, and pain. In Yin Yoga, students hold passive, seated poses for longer times, typically 3-5 minutes, in order to work into deep connective tissues. This allows the body systems to surrender fully, release tension, and restore from every day stress.

RRCC.EDU/SRC/GROUP-FITNESS



RED ROCKS
COMMUNITY COLLEGE
STUDENT RECREATION CENTER