

Summer 2010 Bearobics/Bear Cycle Class Descriptions

Instructor	Class Name	Class Description
Michelle	AM Running	Meet at the front of the SLC with your running shoes on! We'll beat the heat by running in the early morning. As a Boston Marathon runner, Michelle can help guide and mentor you through your running process.
Hanna/Sarah	Yoga	An intense practice (physically and mentally), American Power Yoga combines the styles of Ashtanga and Vinyasa yoga. Will work with the prana breath, which keeps the body warm through the class and helps to release stress and tension. Enjoy a more toned and relaxed you! Sand Yoga meets at the SLC volleyball courts. <u>Bring a beach towel as your mat!</u>
Hanna	Pi/Yo	A fun, challenging class that combines the best of Pilates and Yoga to improve overall muscle tone and flexibility. Release stress as you sweat!
Sarah/Colleen/Katelyn	Turbo Kick	A mix of kickboxing, martial arts, and dance with fun music and lots of energy. It will make you break a sweat and increase your cardiovascular health. It is taught in layers, so intensity levels can range from beginner to advanced.
Alexa	Totally Toned	Come and completely tone your entire body with this hour-long toning class. Will use a wide variety of toning methods with light cardio intervals. It doesn't take much to totally tone those abs, arms, and legs!
AlexAnne/Hanna/ Whitney/Colleen	Bear Summer X	Designed to model the P90-X workout training videos, these classes will incorporate intense weight lifting/toning, cardio, kickboxing, yoga, and stretching. You'll get a full body workout and see results! Our instructors encourage you to come as consistently as possible, as each day they will focus on something new. Tues. and Thurs. are cardio days outside the studio.
Lily	Aerobic Dance	You'll have a blast while increasing your heart rate in this cardio dance class. Lily will combine choreographed aerobics, ballet, rhythmic, and abdominal exercises in this Asian-inspired dance class. You've got to try it out! For all fitness levels.
Alexsis/AlexAnne	Zumba	Zumba has become one of the hottest dance-based fitness classes in the country! Enjoy pulsating Latin rhythms, hip hop, and hot international dance moves. You'll definitely sweat while you dance! Don't miss the party...you're all invited! Express Zumba is a forty minute lunch time class.
Michelle	Boot Camp	An intense, full body workout using traditional and innovative body-weight exercises and cardio drills. Will incorporate interval and circuit training. Come ready to sweat and push yourself to the limit!
Various Instructors	ABS	This 15 minute class concentrates on training and sculpting the abdominal muscles. Strictly a toning class welcoming all fitness levels! Work your way to rock hard abs!
Sue	Aquacise	Enjoy a full hour of water aerobics! Burn calories while experiencing a new kind of low-impact workout that uses water resistance to tone your body! Fun, challenging, and offered for all fitness levels.
Ismael/Tanou	Boxing/Conditioning	Comfort is an illusion in this class. Our primary goal is to prepare your body for its most vigorous demands. You will develop speed, endurance, flexibility and technique as we focus on core strengthening and basic boxing fundamentals. All it takes is all you've got! Classes meet on the third floor track of the SLC (right corner).
Various Instructors	Cycling	A sixty minute class of intense, sweat-inducing cardio on our state of the art, magnetic stationary bikes. Time will fly by as you are pushed to do more than you thought was possible! Some classes also incorporate abs. *Wear hard-soled shoes, cycling/padded shorts if you have them, and bring a towel and water bottle! All classes are in Russell Gym Studio.