Class Descriptions

**Zumba** – Zumba™ is a fun way to dance your way to a healthy body! With Latin-inspired music and easy to follow dance moves, you will begin to burn calories and sculpt your body.

**Barre** - This barre class combines Pilates, yoga, and ballet moves. It is a low impact class, but you will definitely feel the burn! Through a variety of isolated movements, you will begin to sculpt your body.

**Cardio Combo** – This class will focus on aerobic exercises, strength training, and core work, all set to music.

**T.A.N.G.** - “Tight Abs N’ Glutes” - this will target your abdominals and glutes to help you tighten and tone.

**Arms & Abs** – Just what it sounds like! You’ll target upper body and abdominals. Great to pair with a run or bike ride, or the day after an intense leg day!

**HIIT** – This calorie crushing workout will help keep your body burning fat, even after class has ended! High Intensity Interval Training is the key to seeing maximum results in the least amount of time.

**Tabata** – A version of HIIT, this class is designed to push you to our limit for just 20 seconds at a time, followed by a 10 second rest. This will be a full body workout!

**Yoga** – Helps connect the mind and body in this ancient practice. Yoga is a great way to refocus, destress, and get an awesome workout all in one! All levels are welcome.

**Yoga Sculpt** – When muscle meets yoga, Sculpt is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You’ll combine free weights with CorePower Yoga 2 sequencing and cardio to intensify each pose while mixing in strength-training moves like squats, lunges and bicep curls.

**Express-Fit (Faculty/Staff Only)** – This quick but effective workout will run around 30 minutes and is perfect for your lunch break! Classes will include cardio, light to heavy weight and resistance training, and abs.

FAQs

**Q: Where are the classes held?**

**A:** Most fitness classes are held in the O’Pake Recreation Center on Maguire Campus. When you enter the building, you will swipe in at the front desk and follow the signs to the Group Exercise Room.

**Q: Do I have to sign up ahead of time? Where do I do that?**

**A:** It is encouraged that you use the website to enroll into your classes ahead of time. Not only will this help the instructors prepare for the class, but it will speed up check-in time before class. Also, if a class fills up, those of you that enrolled ahead of time will be guaranteed a spot before the drop ins. Go to SJUHawkFit.Pike13.com to register and purchase a pass!

**Q: I’ve never really worked out before. I want to try a class, but I am nervous to start!**

**A:** No need to worry! You will be able to start at your own pace and with the weights that you choose. Everyone starts somewhere and we are all in this together.

**Q: What should I bring?**

**A:** Most classes require you to wear sneakers (yoga and barre can be done in socks), and comfortable clothing. Feel free to bring your own mat if you have one, otherwise you may borrow one from the studio on a first come first serve basis. Also, it is a good idea to leave any valuables at home! You can even pay online ahead of time so you don’t need to bring any cash. Be sure to drink plenty of water!