Villanova Group Exercise | Fall 2019 Class Descriptions

All classes are open for all levels!

**Abs**
This fast-paced class will focus on strengthening your abs, obliques and low back musculature in order to: improve balance and posture, enhance athletic performance, reduce the risk of low back injuries and get you well on your way to washboard abs!

**Body Toning**
This class is designed to give participants a total body workout using dumbbells and barbells in addition to your own body weight. This calorie-burning class will get you toned from head to toe while enhancing your overall fitness level! Go at your own pace and choose your own intensity.

**Boot Camp**
Total-body workout that will test your mind and body. Enhance your endurance, strength, agility, balance, speed, and power through this high-variety interval training program.

**Cardio Kickboxing**
Punch, kick, and jab your way through this full-body cardio workout combined with strength-building routines.

**HIIT**
High intensity interval training, using light resistance (dumbbells), to give you that full body burn and power up your core.

**HIIT Spin**
Intense spin class that will have your burning calories for 30 straight minutes with hills and sprints.

**Insanity**
INSANITY is high intensity interval training. You will work to your maximum capacity for 3 to 5 minutes with just enough recovery time for a drink! Insanity is one of the hardest workouts on DVD and now it is available to you on campus! Join certified INSANITY instructor Michelle Moss for a 60 minute insane workout that promises to deliver insane results!

**Pilates**
A mat based class designed to increase flexibility, core strength, and toning. We will be developing an awareness of breath and spine alignment to strengthen the deep torso muscles and increase fluidity and control of the body.

**Power Yoga**
A high intensity, calorie-burning class that combines mental, physical and spiritual benefits of yoga. Power yoga builds strength, flexibility, focus and endurance while connecting breath with movement. Be prepared to sweat and smile! All yoga levels welcome.

**Seasonal Vinyasa Yoga**
Seasonal flow yoga combines conscious breathing and mental focus to generate a smooth transition or "flow" of postures that lead from one to the next, to bring us back in balance with our emotional and physical needs and in harmony with nature.

**Spin**
Utilizing a stationary bike, climb, sprint and ride your way through this workout.

**Spin & Tone**
A combination of spinning and strength training to get that full body workout.

**Vinyasa Yoga**
A high intensity, calorie-burning class that combines mental, physical and spiritual benefits of yoga. Power yoga builds strength, flexibility, focus and endurance while connecting breath with movement. Be prepared to sweat and smile! All yoga levels welcome.

**Zumba**
Zumba Fitness®: The Zumba® workout provides calorie-burning fitness routines through upbeat Latin and urban dance moves. The routines use intervals of fast and slow rhythms to burn fat while toning and sculpting the body.