

## **STRENGTH**

**LIFT50:** Join us for our first ever weightlifting and weight training classes! This class will vary in style and what part of the body is emphasized. Workout will focus on lifting with heavier weights (10-80lbs) and will be challenge by choice. This class is perfect for beginners who have never lifted or those familiar with lifting who want some new moves. Classes are currently limited to 12 participants each and take place in the weight room group fitness studio (HRC1).

**CORE 30:** With a strong core comes a strong body! This 30-minute core-focused class will target major core muscle groups and other stabilizing muscles. Add resistance or just use body weight, the choice is yours!

**HIIT 30:** Enhance your cardio endurance with this efficient, high-energy class. In High Intensity Interval Training you will give all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active recovery periods. Keep that heart rate high to get the most out of this 30-minute workout.

**TONILATES:** Yoga, Pilates, and Toning come together in this triple fusion class designed to strengthen and tone the body while improving flexibility, stamina, mindfulness, and core strength. This class has the best of both Yoga and Pilates, calming your mind while working your entire body. Great for those new to yoga and Pilates or those who already enjoy both. This class is focused on toning and lengthening the body and was created by a Loyola Alum!

**TOTAL BODY CIRCUITS:** Strengthen your muscles from head to toe in this resistance training class. TBC integrates cardio and full body strength movements. This workout uses circuit training and athletic drills to enable you to make the most of your time and maximize your energy output! All levels welcome. Our "Total Body Strength" class will provide a similar workout to TBC but is structured differently from a traditional circuit style!

**TEMPO STRENGTH:** A choreographed total body strength & endurance workout that concentrates on training all of the major muscle groups using weights, bands, bars, and exercise balls. Instructors utilize the concept of "time under tension" to help participants build muscular endurance through repeated movements. This workout follows along to the beat of the music!

## **CARDIO**

**LUCycle 50:** With a motivational instructor and energizing music you can tackle any climb, sprint, or endurance interval! Join us in the Cycle Studio as we ride to a variety of music genres and build on our cardiovascular endurance. Classes are 45-50 minutes in length. Participants are encouraged to arrive early and bring a reusable water bottle.

**CARDIO KICKBOXING:** A full body cardiovascular workout that incorporates traditional boxing moves to choreographed songs. This is a great workout for those looking for a fun and effective alternative to the typical group fitness class. While this class is primarily a cardiovascular workout, toning and strengthening exercises will be worked into the combinations. No equipment needed as we work out to the music!

**WERQ®:** The fiercely fun cardio dance class based on the hottest pop, rock, and hip-hop music.

**ZUMBA®:** A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.

### **FLEXIBILITY & MINDFULNESS**

**STRETCH & STRENGTHEN VINYASA YOGA:** A higher intensity, more upbeat version of a traditional Vinyasa Yoga class. This class will help you learn a variety of new poses and keep your heart rate elevated for a great workout, both with benefits of added strength and increased flexibility!

**MEDITATION:** The Intro to meditation class is focused on learning and implementing mindfulness techniques into our daily lives. It is for people of all backgrounds and experience levels. Whether you just want to take a break between classes or want to try out this whole meditation thing, come through for these 30-minute sessions. You'll leave feeling more relaxed, focused, and at peace.

**YIN YOGA:** In this 50-minute class, poses will be held for longer periods of time to allow for the deepest expression of each pose. This class will help you relax and release tension of the day while increasing flexibility and helping with alignment!

**RECOVERY FLOW:** Recovery flow is a 50-minute stretch and mindfulness class that will leave your body feeling refreshed for your next workout. This calming class will contain a full body stretch with both static stretches and elementary stretch flows. The mind will not be neglected as we will combine breath work and meditation to complete the relaxation and recovery process. Whether you're looking for a de-stressor or a scheduled recovery session, Recovery Flow will leave you feeling refreshed and at peace.