GROUP FITNESS CLASS DESCRIPTIONS

STRENGTH

PILATES: Pilates is a low-impact exercise method that focuses on building core strength, improving flexibility, and enhancing posture through controlled movements performed on a mat. It emphasizes alignment, breath control, and precision, targeting smaller stabilizing muscles to develop overall body awareness and balance. Suitable for all fitness levels, Pilates promotes a strong, stable core while reducing stress and increasing mind-body connection.

CLASSICAL PILATES: Classical Pilates is the original exercise system developed by Joseph Pilates, defined by a strict adherence to his original sequences, specific apparatus, and foundational mind-body philosophy. Classical Mat Pilates uses set exercise to build core strength, flexibility, and total body control using body weight.

SCULPT FLOW: Sculpt Flow takes your workout to the next level by incorporating light weights and resistance bands into a flowing sequence. This full-body workout combines traditional yoga poses with strength-building movements to enhance flexibility, balance, and muscle tone. Perfect for all levels, this class delivers a dynamic and empowering experience that leaves you feeling strong and centered.

BARRE: Barre draws inspiration from yoga, Pilates, and ballet with a focus on small, pulsing movements to target specific muscle groups and build strength. Class emphasizes form, alignment, and core engagement to create a full-body workout.

ADVANCED BARRE: Advanced barre is an intense, high-rep, low-impact workout featuring complex choreography, prolonged isometric holds, and minimal rest. This class builds off a foundation developed in Barre and is a perfect workout for anyone who wants to challenge both their body and brain!

LIFT50: Join us for our weightlifting and weight training format! This class varies in style and what part of the body is emphasized. Workout focuses on lifting with heavier weights (10-80lbs) and is 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 somewhat limited to 15/20 participants each and take place in the weight room group fitness studio (HRC1).

LIFT50 + Core: This class focuses on strengthening and stabilizing your entire core, which includes your abs, back, and hips. We'll use a variety of exercises to improve your balance, posture, and overall functional strength. It's designed to help you build a strong foundation for everyday movements using weightlifting to reduce the risk of injury.

GROUP FITNESS CLASS DESCRIPTIONS

STRENGTH

LIFT50 + Tone: In this class, we'll use light weights and resistance to sculpt and tone your muscles. The emphasis is on high repetitions and controlled movements to build endurance and create lean muscle definition. It's a great way to enhance your physique and improve your muscular stamina.

LIFTILATES: The best of both worlds: Liftilates combines strength training with Pilates-based toning. Alternating between heavier weight intervals and longer, lighter sets, you'll build strength, endurance, and full-body definition in one class.

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!

STRENGTH-BASED CARDIO: This high-energy class is a high-intensity interval training class with a twist. You will get a full-body strength workout that incorporates weights and heart-pumping cardio bursts of quick movement. The class is broken up into 3 rounds of 3 exercises each. During these, we will target various sections such as arms, legs, cardio, and core, with breaks between each set for recovery.

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO

ADVANCED CHOREO LUCYCLE: Advanced cycle is a faster paced cycle class with a focus on choreography and endurance. While it is more intense, newer riders are still welcome to join as everything in class is always optional! Bring water and fuel well prior to class.

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.

LUCYCLATES: ARM FOCUS: Similar to classic LUCycle50, this class breaks down the cycle into a variety of intervals. It focuses on incorporating lower weights with high repetitions to create a full-body workout while on the bike. Participants are encouraged to arrive early and bring a reusable water bottle.

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

FLEXIBILITY & MINDFULNESS

BALLET BASICS: This class will run through the basic structure of a classical ballet class. We will start out at the barre and end in the center, where you can expect a mix of stretching and dancing. No experience is necessary; all are welcome. You will be most comfortable in athletic clothing and socks, or ballet slippers if you have them!

BEDTIME YOGA: Wind down, stretch out and relax with this nighttime yoga session. Bedtime yoga is the perfect class for busy Loyola students and staff who want to wake up refreshed and ready to take on the day.

VINYASA YOGA: Vinyasa yoga strings together active poses to create a smooth sequence, increasing flexibility, challenging balance, and building heat for an effective workout. Movements are synchronized with breath and encourage mindfulness. Take a break from busy days and turn inward during this full-body class!

YOGA: Our classic yoga class offers a balanced blend of stretching, strengthening, and relaxation. This class focuses on foundational poses, proper alignment, and mindful breathing to improve flexibility, balance, and overall well-being. Perfect for all levels, it's a calming yet invigorating practice that leaves you feeling centered and refreshed.