

LUC GROUP FITNESS CLASS DESCRIPTIONS

STRENGTH

ABS & UPPER BODY: Focus in on upper body strength in this 30-minute workout! Class incorporates weighted and unweighted movements and is perfect for all levels.

ADVANCED HIIT 30: This fast-paced, high-intensity class will challenge your endurance and strength. Class is structured around a 20-minute work segment of back-to-back movements with brief rest between each exercise. Advanced HIIT is recommended for participants who are experienced and comfortable with HIIT format.

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.

CORE 30: With a strong core comes a strong body! This 30-minute core-focused class targets 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.

LATIN HIIT & STRENGTH: We're putting a spin on HIIT and strength in this combo class set to fun, upbeat playlists! Dance through this strength-based workout as you challenge your endurance.

LIFT50: Join us for our first ever weightlifting and weight training classes! 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 currently limited to 12 participants each and take place in the weight room group fitness studio (HRC1).

LOWER BODY STRENGTH: Focus in on lower body strength in this 30-minute workout! Class incorporates weighted and unweighted movements and is perfect for all levels.

STRENGTH & CARDIO: This 50-minute class is the best of both worlds! Strength and cardio movements combine for a total body workout. Test your endurance and make sure to bring a water bottle.

2000's THROWBACK HIIT & STRENGTH: We're putting a spin on HIIT and strength in this combo class set to fun, upbeat playlists! Dance through this strength-based workout as you challenge your endurance.

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.

CARDIO

BOXING CONDITIONING: A full body cardiovascular workout that combines rounds of traditional boxing moves and conditioning circuits. Class alternates between fun combinations and high intensity movements. This is a great workout for those looking for a fun and effective alternative to the typical group fitness class. No equipment needed as we work out to the music!

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.

LUCYCLE 30: Looking for an alternative to our classic LUCycle 50 or new to cycling? LUCycle 30 is a condensed, fast-paced class and perfect for getting in a quick sweat. Build cardiovascular endurance, listen to a variety of high-energy playlists, and get comfortable on the bike! Participants are encouraged to arrive early and bring a reusable water bottle.

LUCYCLE INTERVALS & ARMS: Similar to classic LUCycle 50, this class breaks down cycle into a variety of intervals and incorporates upper body strength to create a full body workout. Participants are encouraged to arrive early and bring a reusable water bottle.

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

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.

MEDITATION: Meditation allows us to focus 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.

RECOVERY STRETCH: Recovery Stretch is a 50-minute stretch and mindfulness class that will leave your body feeling refreshed for your next workout. This calming class contains a full body stretch with both static stretches and elementary stretch flows. We practice mindfulness through combined 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 Stretch will leave you feeling refreshed and at peace.

VINYASA FLOW 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!

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