Group Fitness Class Descriptions

Note: Not all classes are offered every semester.
Class offerings are dependent on instructor certification and availability.

Cardiovascular Formats

Express H.I.I.T (High Intensity Interval Training)
HIIT is a total body, heart pumping, aerobic and strength conditioning workout, sure to leave you feeling refreshed and accomplished! This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Cardio Kickboxing
Cardio kickboxing combines martial arts techniques with fast-paced cardiovascular exercises. This workout is designed to help you build lean muscles, improve your coordination, and increase your stamina with various combinations of punching, kicking and other body weight movements.

Circuit Training
This class is dedicated to toning, strengthening, and boosting your heart rate. Every class, you can expect a different set of exercises geared to work your entire body, with greater focus on the cardiovascular components of the exercises.

Cycle
Take a ride on our Real Ryder indoor cycling bikes! Real Ryder bikes allow you to physically steer and turn your bike. Experience a variety of cycling drills designed to improve cardiovascular performance; including hill climbs, sprints, and jumps. Be ready to strengthen your lower body muscle groups and challenge your cardiovascular endurance!

Express Cycle
This 30-minute cycle class allows you to climb hills, sprint, and jump while providing a quick, easy, and enjoyable workout. Great for beginner cyclists or days when you’re short on time.

Cycle and Abs
This fusion class combines cardiovascular exercise of cycling with strength and toning exercises, to challenge and strengthen your abdominal and core muscles. Warm up with cycling during the first half of class and finish strong with the abs portion. A great class for cycle enthusiast or a beginner in cycling!
Dance & Aerobics

Zumba
Zumba is a fun and effective dance workout, incorporating Latin, world rhythm, and Top 40 Hits. This class includes both cardio and bodyweight exercises, with low and high intensity variations. This dance party’s goal is to create an energetic and upbeat environment disguising the 45 minute workout. No prior dance experience necessary.

Hip Hop Fitness
Hip Hop Fitness is a high energy dance workout designed to elevate your heart rate with progressive choreography, which will integrate both dance and strength movements (such as lunges, squats and push-ups). Music, choreography, and exercise selections may vary between instructors. No prior dance experience necessary.

Cardio Dance
Similar to Zumba and Hip Hop Fitness, this cardiovascular dance class will keep you moving and active the entire time! Various styles of dance and choreography, along with functional fitness movements will be incorporated with popular top 40 hits, club mixes and line dance songs to keep each class fun and challenging! Choreography and music selection will vary with instructors. No prior dance experience needed.

Barre
A mixture of elements such as Pilates, dance, yoga and functional training movements, this energetic class will help target most major and minor muscle groups to strengthen and improve flexibility. Use of ballet bars, small bands and mini-balls may be incorporated. Class structure may slightly differ with instructor. No previous dance experience needed.

Dance 101
An instructional dance class designed to combine ballet style barre with stretching and toning in mind. Combinations of various dance styles, such as modern, jazz, and contemporary choreography incorporated with floor work to learn basic techniques and turns. No dance prior dance experience needed. All fitness levels welcome.

Mind & Body

Yoga Relax
Yoga Relax is a form of yoga focusing on mental and emotional relaxation, while still including traditional yoga poses and sequences. Less intense poses may be held for a longer duration and additional floor work may be included to achieve a relaxed state of mind and body. Good class for yogis looking to relax and recharge or those new to yoga. Use of props may vary between instructors.

Yoga Flow
Similar to Vinyasa flow, you will connect the breath with fundamental poses, building heat and increasing endurance, strength and flexibility. Whether it is flowing through sun salutations or lying still in shavasana, you will leave this class feeling inspired and
rejuvenated. A great class for yogis of all levels. Use of props may vary between instructors.

**Power Yoga**

A fitness-inspired total body yoga class designed to help you build muscular strength and endurance and to challenge your balance and flexibility with both traditional and advanced flows and poses. Prepare to move and sweat as you hold each pose, challenging yourself to be the best you, both body and mind! For yogis of all levels. Use of props may vary between instructors.

**Pilates**

Focus on building strength as well as working on the mind and body connection. This class will incorporate bodyweight and light weight dumbbells, with high repetitions, to help build muscle tone and endurance. Work may be done both standing and on a mat. Exercises and mind and body connection may vary with instructors.

**Resistance**

**Total Body**

Total Body is a challenging and dynamic full body workout using dumbbells, bands, exercise balls, and more. This workout is achieved through high repetition movements and mostly non-cardio exercises. Different instructors may vary in approach and all exercises can be modified to accommodate any fitness level.

**TRX Plus**

TRX Suspension training systems will be used with bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously, during this full body class. Along with gravity and bodyweight, there may be other small equipment items used during this class to add the Plus to TRX. Instruction on how to use the TRX system and proper form, alignment and safety will be shown. No prior TRX experience is necessary.

**Express Core**

With a variety of exercises designed to promote core strength and endurance, challenge your abdominals and entire core muscle group, including lower back and glutes during this thirty minute workout. Exercise selection, equipment, and class structure may vary between instructors. All levels welcome.

**Booty Boot Camp (45 minutes) & Express Booty Boot Camp (30 minutes)**

This class starts with a fifteen minute high energy, fun, and simple dance warm-up, followed by a series of interval workouts focused on the glutes, legs, and thighs. Class concludes with a relaxing and restorative cool down focused on dropping the heart rate and stretching those muscle groups challenged during class.

**Fit Camp**

Similar to a traditional boot camp format, this class will incorporate both strength and cardiovascular movements to maximize your workout. Various bodyweight exercises and different pieces of equipment will be set up and have you alternating your exercises and equipment. This is a great class for those looking to incorporate both strength and
cardio work into the same class. Set up and equipment vary with instructors. All fitness levels welcome!

**BOSU (Both Sides Up/Utilized) Training**
This resistance based class will primarily utilize the BOSU Balance Trainer to allow multiple components of fitness to be challenged, including balance, stability, strength, core and more! No prior work with the BOSU is necessary.

**Strength and Stability**
Aiming to improve your core strength, while also improving flexibility and range of motion, this class will typically utilize the stability ball for exercises to target a full body workout, sometimes including agility movements. This strength based class will focus on small muscle movements with isometric holds, in order to increase muscle strength and endurance. Great for those looking for a change of pace in their day to day workout!

**Weight Training**
Circuit style workout utilizing weight training and functional movement equipment found in our newly renovated racquetball court spaces: the Tank and the Vault
[https://campusrec.olemiss.edu/fitness-spaces/](https://campusrec.olemiss.edu/fitness-spaces/)
This workout is designed for those with a base knowledge and understanding of using barbells, dumbbells and kettlebells in their workouts. Instruction will be given for those of all fitness levels.

**Lifting Foundations**
Held in the Tank, this instructional class will break down basic barbell, dumbbell and kettlebell movements. Designed as a teaching course for those looking to learn, improve and perfect form in basic lifts such as deadlift, squat, and overhead press. No prior weight lifting experience needed. Great for beginners or those looking to improve lifting form.

**Outdoor**

**Boot Camp**
Prepare to sweat and push yourself to the next level with this intense boot camp style class incorporating high intensity movements and elements on and off the Fit Rig. This class incorporates drills designed to enhance agility, speed, power, strength, and quickness. All levels welcome. This class is located at the Outdoor Sports Complex, on and near the Fit Rig. Check out the Fit Rig: [https://campusrec.olemiss.edu/fitness-spaces/](https://campusrec.olemiss.edu/fitness-spaces/)