



### **Group Fitness Class Descriptions**

***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 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.

#### **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 ICG [Coach by Color](#) Cycle bikes! ICG's Coach By Color® training system, delivers real-time, color-coded biofeedback to the user. Coach By Color® has five colored training zones: white, blue, green, yellow and red. These zones can be linked to WattRate® (power) and Functional Threshold Power (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the 5 colored zones to accurately coach their effort for the

best customized results. Coach By Color feature will be optional and determined by individual instructors.

### **Express Cycle**

This 30-minute cycle class allows you to climb hills, sprints, and jump while providing a quick, easy, and enjoyable workout. Great for beginner cyclists or days when you're short on time. Coach By Color feature will be optional and determined by individual instructors.

### **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!

## **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.

### **POOLates**

Similar to our standard pilates class, this class will take place in the Natatorium on our GlideFIT boards! This class will incorporate bodyweight and balance exercises. The GlideFIT boards create more of a challenge to build muscle tone and endurance. Exercises and mind and body connection may vary with instructors.

### **Yogalates**

This class will be a combination of traditional yoga poses infused with Pilates movements. Focus on strength, flexibility, and balance training through various flows and small movement patterns. Give your mind and body a break while emphasizing your breath and alignment during this low impact practice. Each class may vary by instructor. No prior yoga or Pilates experience needed. Great for all fitness levels!

## **Resistance**

### **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.

### **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 fitness levels welcome.

### **Express Glute Camp**

Glute Camp is a total lower body burn! This class will incorporate both strength and cardiovascular formats with exercises primarily targeting the lower body. Exercises can vary between bodyweight and equipment based but regardless, get ready to feel the burn! Format may vary based on instructor. All fitness levels are welcome.

### **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.

## **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!

## **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!

## **Outdoor**

### **Fit Rig 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/>

## **Small Group Training**

### **Lifting Foundations Level 1**

Held in the Tank, in the Turner Center, this instructional small group training 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.

### **Lifting Foundations Level 2**

This instructional small group training will continue to build on skills and concepts introduced in the lifting foundations L1 small group training, and is also held in the Tank, in the Turner Center. Proficient knowledge, understanding, and ability to perform basic lifts such as deadlift, squat, and overhead press should be known prior to participating in this small group training program. Great for those looking to increase strength or perfect lifting form.

### **Turf Agility Training**

Held on the South Campus Recreation Center Turf, this instructional small group training is designed to teach you the basics of agility training and explain the options available in both the Turner Center and the SCRC. This class will also show you ways to build on your agility training as your fitness level improves. Discover a new way to push your workouts to the next level or get started with a new routine to help you achieve your fitness goals! No prior agility training knowledge required.