Cooper/Glimmerglass Fitness Centers
Group Exercise Class Descriptions

**Athletic Attack** – Looking to satisfy your inner athlete? Athletic Attack is a circuit based interval workout with a focus on athletic and plyometric based movements. All skill levels welcome.

**Arms & Abs** – The name says it all! A 45-minute class dedicated to toning abdominal area and the entire upper body.

**BGT (Butt, Gut, & Thighs)** – Need help with those problem areas? This class is designed to isolate those hard to tone muscle groups …your butt…your gut…and your thighs!

**Bunz N’ Gunz** – This class brings the fun in toning the upper and lower body, including arms, legs, glutes and core for a fun, but tough work out designed for all fitness levels.

**Circuit Sculpt** – Short on time but looking for a great total body workout? We got you covered! This 30-minute class will give you the most bang for your buck! Work your way through both strengthening exercises and cardio circuits, to help you shape and sculpt your body.

**Indoor Cycling** – A high energy class with great music and motivating instructors guiding you through various sprints, hills, and flats. You’ll be sure to burn plenty of calories with this fun, up-beat bike workout. Open to all, regardless of cycling experience. However, classes are limited to 9 participants so be sure to arrive early!!

**Kick Bootcamp** – Stressed out? Come let off some steam while learning how to strike targets safely and effectively. This class blends the kicks and punches of martial arts with an intense cardio workout and full body fitness.

**Total Body Tone** – A full body workout guaranteed to strengthen your muscles and make you sweat! Time to get toned!

**Ultimate Abs** – This 45-minute class exclusively hits the abs, obliques and lower back muscles incorporating elements of cardio. You will be in an out in no time with a tighter core.

**Yoga** – All skill levels welcome at any style class!

- **Vinyasa Yoga** – This class will be most similar to classes we’ve offered in previous semesters, including all your favorite poses and fluid transitions.

- **Mobility Yoga** – This fun class will focus on flexibility and balancing poses, introducing fun inversions and arm balances!

- **Undo & Renew Yoga** – Stressed out? Having trouble focusing? We’ll take things slow with this class and you’ll leave feeling refreshed and restored!

**Zumba** – Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.