Cooper/Glimmerglass Fitness Centers
Group Exercise Class Descriptions

30 Minute Body Blast — 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 strengthen exercises and cardio drills, to help you sculpt and shape your body.

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

Beach Body — This unique, popular workout will burn those extra calories and help tone up your muscles all in less than an hour. *Spring Break: March 13-19*

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.

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.

Lifting 101 — Ready to deadlift, snatch, clean? Don’t know what those are? We’ll slow it down, teach the proper form, and you’ll be ready to lift on your own in no time! All fitness levels invited!

MERCY — It’s as fun as it is intense! Come try this invigorating class to push your workout to a whole new level. This class is equipment-free and focuses on the power of true interval training and plyometrics. This class is based on elements of the Insanity workout. Bring a water bottle!

PiYo — Artfully combining the flexibility postures of Yoga, the muscle sculpting workouts of Pilates, and nonstop fluid movements, this dynamic fast-paced class is sure to help shed those extra calories.

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.

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!!

Yoga — All skill levels welcome at any style class!
• Yoga Foundations — This all-inclusive introductory class will slow down the poses, focus on alignment and form, familiarize you with breathing techniques, and get you comfortable on the yoga mat.
• Vinyasa Yoga — This class will be most similar to classes we’ve offered in previous semesters, including all your favorite poses and fluid transitions.
• Sunrise Yoga — Rise and shine and stretch! A reinvigorating morning class for all the early risers.
• 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!
• Strengthening Yoga — This special class will sure give your muscles a burn! Introducing weights into poses and more dynamic strengthening postures.

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.