

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 your abs and entire upper body.

Beach Body – A full body workout guaranteed to strengthen your muscles and make you sweat! Time to get beach ready!

BGT (Butts, Guts, & 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 makes toning the upper and lower body fun! Allowing you to choose the weights while focusing on arms, legs, glutes and abs during this versatile workout.

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 so be sure to arrive early!!

Cross-Cycle – Not your traditional cycling class, Cross-Cycle is a total body workout. Be prepared to be jumping on and off the bike, utilizing the basics of indoor cycling classes while adding in HIIT exercises to be sure to make you sweat.

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.

Ultimate Abs – This 30-minute class exclusively hits abs, obliques and lower back muscles incorporating elements of cardio. You will be in and out in no time with a tighter core.

10•10•10 – Toning (10) + Cardio (10) + Yoga (10) = 30 minutes to get you moving and 1 great work out.

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 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.