GROUP FIT CLASS DESCRIPTIONS

CYCLE

CYCLE 30
Experience a quick and efficient mix of drills. This class is ideal for new and intermediate cyclist looking for a quick sweat session set to motivating music.
CAPACITY: 40

CYCLE X
Hop on a bike and let your instructor lead you through a high intensity interval ride that you won’t forget.
CAPACITY: 20

CYCLE 45
The best of both worlds this class mixes endurance drills, speed work, and climbs that will reward you with endorphins and sweat.
CAPACITY: 20

ENDURE
Push your limits as you challenge yourself with intense drills set to motivating music. Energetic, inspirational and results driven, this workout is the ride of your life.
CAPACITY: 20

CYCLE+
All the fun of cycle plus something extra. Instructors get creative and off the bikes for an intense and rewarding fitness experience.
CAPACITY: 20

CARDIO

APPFIRE
Challenge your muscular endurance, balance and coordination with Functional Integrated Training that will move you through circuits designed to get you Appalachian Fit and ready to take on all the hills and stairs of our beautiful campus.
CAPACITY: 40

BOOTCAMP
Get a full body workout with this high energy full body training experience. This class uses stations set around the Queenax to increase aerobic capacity and muscular endurance to get you ready for anything.
CAPACITY: 10-12

DEEP WATER
Deep water aerobics is a fun, low impact workout that uses water weights, belts, and noodles to add a little more challenge throughout the class! So come jump into an awesome workout.
CAPACITY: 20

H.I.I.T.
Push yourself to a new level with High Intensity Interval Training! This 30-minute class will help you build muscle, burn fat, and find out what you’re really made of!
CAPACITY: 30-40

KICKBOXING
Punch, kick, and block your stress away through this heart pumping cardio workout! This fierce workout will make you feel stronger and ready to take on the world.
CAPACITY: 30-50
MIND / BODY

ADVANCED YOGA
Take your yoga practice to the next level! This class adds in more strenuous and challenging movements to your typical series. This class is intended for participants that have practiced before and are curious to learn longer sequences and more advanced poses.
CAPACITY: 30

BEGINNER YOGA
Designed for those relatively new to yoga or just beginning their practice. This class will focus on the foundational poses, modifications, and inspire you to grow comfortable listening to your body and breath.
CAPACITY: 30

MINDFUL MINUTES
Calm the mind and return to the breath. This class allows you to exercise your brain through a 15 minute guided meditation.
CAPACITY: 30

PILATES
Pilates is a form of mind-body exercises that is designed to strengthen, stretch and balance the body.
CAPACITY: 30

SUNRISE YOGA
Start your morning strong and balanced. Sunrise yoga allows you to begin your days with intentional focus, guided breathing, and stretches that awaken the body for the day ahead.
CAPACITY: 30

SUP YOGA
Take your yoga practice to the pool! The instability of the pool adds a new and exciting element to any yoga practice. Don't be afraid to fall in the pool, some moves will make sure you enjoy a splash.
CAPACITY: 12

YOGA
Improve your flexibility and balance while working and stretching every inch of the body. Integrating breath and postures will leave you feeling energized and renewed in the body and mind.
CAPACITY: 30

YOGA FOR ATHLETES
This class is designed to assist all athletes (runners, cyclists, and power lifters) improve their flexibility, balance, joint mobility and breathe awareness.
CAPACITY: 30

DANCE

CARDIO DANCE
Dance your stress away with this fun energizing class! Cardio Dance combines current club dance moves and music with high intensity aerobics. No dance experience necessary!
CAPACITY: 30-50

TWERK N TONE
Set to the latest hip hop and trap beats, this class is the ultimate party on campus. Inspired by the desire to create self love for all bodies!
CAPACITY: 30-50

ZUMBA
With a fusion of Latin and International music, Zumba is an inclusive dance party where everyone and anyone is welcomed!
CAPACITY: 30-50
STRENGTH

TRX+
TRX straps give you the opportunity to personalize your workout to your unique body and abilities. Additionally, instructors use other unique equipment only housed in the Functional studio of the Quinn Recreation Center to spice up the FUN!
CAPACITY: 8

LOWER BODY BLAST
This quick workout strengthens the lower body muscles to fatigue. Feel the burn and feel confident as you lunge and squat your way to more toned muscles & improved bone density.
CAPACITY: 30-40

APPSTRONG
In this total body strength training class you’ll work to strengthen all the major muscles of the body to the beat of uplifting music. To survive the mountains ahead get AppSTRONG.
CAPACITY: 20-40

ABSSOLUTION
Power, stability and posture all start with the core. With this class you’ll enjoy 20 minutes packed full of a variety of challenging ab exercises that will help to increase your powerhouse endurance.
CAPACITY: 30-60

STAY CONNECTED
DOWNLOAD ‘MYWELLNESS’ APP FOR CLASS TIMES, CLINICS, AND DESCRIPTIONS!