

Group X Class Descriptions

Choreography and Intensity are rated on the following scale:

B=Beginner I=Intermediate A=Advanced

20/20/20-Get bored easily? This class is for you! You are combining all areas of fitness by doing basic cardio, resistance training and flexibility work all in one class.

Choreography: B Intensity: B, I

Abs 101- Work your abdominals in a motivating setting. Lower back work is also included for a strong midsection. This is a challenging beginner-intermediate class.

Choreography: B Intensity: B, I

Abs 202-Take your abs to the next level! Once a base is built in Abs 101, take on a new challenge with this progressively challenging class.

Choreography: B Intensity: I, A

Advanced Jazz-This dance-based class incorporates technical jazz movements into a choreographed routine. This class will utilize a performance style of dance and keep you moving! Some dance experience recommended.

Choreography: I, A Intensity: B, I, A

Balance Yoga – The focus in this yoga class is on balance. Each week the class will progress to challenge your balance with traditional yoga poses.

Choreography: B, I, A Intensity: B, I, A

Ballet-Use basic ballet techniques and tone your muscles while utilizing core stabilization. Much of this class will be based on the bar and body positioning.

Choreography: B, I Intensity: B, I

Buns of Steel- Use interchangeable kicking motions from kickboxing and leg-strengthening exercises to enhance your glutes, quads, hamstrings and hip flexors.

Choreography: B Intensity: B, I, A

Body Pump- Take strength training to the next level using weight-loaded barbells to vary resistance in this challenging strength training class where you will combine strength and endurance to work all the major muscle groups of the body!

Choreography: B Intensity: I, A

Beginner/Intermediate Jazz-This dance-based class is a choreographed class that will utilize a performance style of dance and keep you moving!

Choreography: B, I Intensity: B, I

Brazilian Jui Jitsu- This class will teach the basic skills of Brazilian Jui Jitsu and is great for anyone looking for more advanced self-defense knowledge.

Choreography: B, I, A Intensity: B, I, A

Cardio Kickboxing and Cardio Kickboxing Xpress-Punch and kick your way into great shape. Learn the proper techniques of kickboxing while getting a stress-relieving, sweat-dripping workout.

Choreography: B, I Intensity: B, I, A

Caveman Workout – Do it like the cavemen did it...with very little equipment and their body weight as resistance. Fun workout for anyone!

Choreography: B Intensity: B, I, A

Circuit Training- Keep your heart rate up in this fast-paced class where you will be working all the major muscle groups and getting your cardio in at the same time.

Choreography: B Intensity: B, I, A

Core in Motion – Like Abs 202 with a focus on the entire core with abdominal, back and hip flexor exercises.

Choreography: B Intensity: B, I, A

Cycle and Cycle Xpress-Cycling is a great aerobic workout that offers both endurance and an interval workout. One thing is for sure, you will be challenged and burn calories!

Choreography: B Intensity: B, I, A

Hip Hop- A more advanced class for students who have taken Intro to Hip-Hop or have previous dance experience.

Choreography: I, A Intensity: B, I, A

Hip-Hop Abs- A choreographed dance class that incorporates fun crunch-free moves for an effective cardio and ab workout!

Choreography: B, I Intensity: B, I, A

Intro to Hip Hop- Work out and dance to a choreographed class based on a fun and modern style. This class is appropriate for all fitness levels.

Choreography: B, I Intensity: B, I, A

Jazz/Hip-Hop Dance-A combination of rhythmic movement blended with hip-hop. This class is designed to keep you moving and have fun!

Choreography: B, I Intensity: B, I, A

Kettlebell Cardio- This class focuses on getting a challenging cardiovascular workout using kettlebells to perform a variety of exercises. Great for a way to change up your workout!

Choreography: B, I Intensity: I, A

Kettlebell Kickboxing- Incorporate kettlebell motions into a traditional cardio kickboxing class for a full-body workout challenge!

Choreography: B, I Intensity: I, A

Kettlebell Strength- This class focuses on getting a challenging strength workout using kettlebells to perform a variety of exercises. Great for a way to change up your workout!

Choreography: B, I Intensity: I, A

Legs, Buns & Abs- Focus on these muscles in your lower half plus work your way into the core for this great workout for large calorie-burning muscles!

Choreography: B Intensity: B, I, A

Legs & Buns- Focus on these muscles in your lower half in a fun setting. Discover just how many ways you can squat, lunge, and jump into a toned lower body. All levels welcome-modifications will be given.

Choreography: B Intensity: B, I, A

Mixed Martial Arts- Learn traditional styles of self-defense and combat while you get a workout. Technique is taught in this intermediate exercise class.

Choreography: I, A Intensity: B, I, A

Pilates- Learn the basics of the Pilates while experiencing each movement from the inside out. This class focuses on the core and can improve coordination, balance, posture, and flexibility.

Choreography: B Intensity: B, I, A

Pilates on the Ball-This class combines the core emphasis of Pilates with work using the Pilates Ball to get a full core, leg, and glute workout.

Choreography: B, I Intensity: B, I, A

Pilates/Yoga Fusion-The best of both worlds! This class will combine some of the basic practices in both Pilates and yoga to give you a full body workout along with a relaxation component.

Choreography: B, I Intensity: B, I, A

Plyometric MMA- This class will work your legs, core and cardiovascular system by incorporating the balance and strength moves required in the Silat system of martial arts. An excellent workout!

Choreography: B, I Intensity: I, A

Salsa (Beginning, Intermediate/Advanced)- Develop your dancing skills with this on-going course including dances such as Cha-cha, Merengue, and Salsa. The intermediate/advanced class requires prior salsa dancing experience.

Choreography: B, I, A Intensity: B, I, A

Self Defense- Learn the basics of self-defense movements while incorporating techniques from the wing chun system in this beginner-level martial arts class. Great for anyone!

Choreography: B, I Intensity: B, I

Step & Abs- Combine a fun step class with a challenging core workout to top everything off!

Choreography: B, I Intensity: B, I, A

Street Jazz-A combination of rhythmic soul movement blended with a bit of every style of dance. Most closely related to hip-hop, jazz, and funk. Just about anyone can groove with Street Jazz! It is upbeat, energetic and a sure guaranteed way to break a funky sweat!

Choreography: B, I, A Intensity: B, I, A

Stretch Yoga – The focus in this yoga class is on flexibility. Use the yoga flow to begin going deeper into stretches.

Choreography: B, I, A Intensity: B, I, A

Total Conditioning-Hit all your muscles and your endurance with a combination of weights, bands, body weight, and bars in a strengthening and conditioning class. All fitness levels are welcomed.

Choreography: B Intensity: B, I, A

Total Cardio Conditioning- Do you hate always having to get your cardio from running? Skip the treadmill and get your body moving and your heart pumping by jumping, kicking and blasting calories in this fast and effective cardio class.

Choreography: B, I Intensity: B, I, A

Water Aerobics-A water conditioning class designed to enhance fitness in a medium that provides a non-impact experience that will make you work! This workout will be do-able for all fitness levels.

Choreography: B Intensity: B, I

Yoga- An exercise class based upon ancient eastern technique. The goal of this class is to enhance the mind-body connection as well as stretch and strengthen the muscles of the body. Everyone is welcome.

Choreography: B, I, A Intensity: B, I, A

Zumba- A high-energy Latin fusion dance class. The goal here is FUN!!! Move and dance to the music in a slightly more informal class.

Choreography: B, I Intensity: B, I

Zumba X- This class incorporates more advanced dance moves for those Zumba enthusiasts who want to take it a step further!

Choreography: I, A Intensity: I, A

**Questions, comments, concerns? Contact Heather Stark,
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