

## LUC GROUP FITNESS CLASS DESCRIPTIONS

### STRENGTH

**ABS & UPPER BODY:** Focus in on upper body strength in this 30-minute workout! Class incorporates weighted and unweighted movements and is perfect for all levels.

**BARRE:** Barre draws inspiration from yoga, pilates, and ballet with a focus on small, pulsing movements to target specific muscle groups and build strength. Class emphasizes form, alignment, and core engagement to create a full-body workout.

**BARRE STRETCH:** Barre Stretch combines a 30-minute low-impact Barre workout inspired by ballet, pilates, and yoga with a 20-minute stretch guided by breath work. The workout focuses on three out of four muscle groups: upper body, glutes, thighs, and core. Class may include light to medium weights and usage of the ballet barre.

**HIIT30:** Enhance your cardio endurance with this efficient, high-energy class. In High Intensity Interval Training you will give all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active recovery periods. Keep that heart rate high to get the most out of this 30-minute workout.

**LATIN HIIT30:** We're putting a spin on HIIT in this class set to fun, upbeat playlists! Dance through this strength-based workout as you challenge your endurance.

**LIFT50:** Join us for our weightlifting and weight training format! This class varies in style and what part of the body is emphasized. Workout focuses on lifting with heavier weights (10-80lbs) and is challenge by choice. This class is perfect for beginners who have never lifted or those familiar with lifting who want some new moves. Classes are currently limited to 12 participants each and take place in the weight room group fitness studio (HRC1).

**LIFT30:** Join us for our weightlifting and weight training format, now offered at a shortened time of 30 minutes! This class varies in style and what part of the body is emphasized. Workout focuses on lifting with heavier weights (10-80lbs) and is challenge by choice. This class is perfect for beginners who have never lifted or those familiar with lifting who want some new moves. Classes are currently limited to 12 participants each and take place in the weight room group fitness studio (HRC1).

**LOWER BODY STRENGTH:** Focus in on lower body strength in this 30-minute workout! Class incorporates weighted and unweighted movements and is perfect for all levels.

**STRENGTH & MOBILITY:** This class is perfect for anyone who wants to improve total overall body strength, dexterity, and endurance. Class includes a strength portion that boosts muscle endurance and a

mobility portion to stretch the body and maintain flexibility. All levels of fitness and experience are welcome!

**TONILATES:** Yoga, Pilates, and Toning come together in this triple fusion class designed to strengthen and tone the body while improving flexibility, stamina, mindfulness, and core strength. This class has the best of both Yoga and Pilates, calming your mind while working your entire body. Great for those new to yoga and Pilates or those who already enjoy both. This class is focused on toning and lengthening the body and was created by a Loyola Alum!

**TOTAL BODY CIRCUITS:** Strengthen your muscles from head to toe in this resistance training class. TBC integrates cardio and full body strength movements. This workout uses circuit training and athletic drills to enable you to make the most of your time and maximize your energy output! All levels welcome.

**TOTAL BODY HIIT:** Circuit based movements form the foundation for this class with a focus on functional movement training that integrates all major muscle groups. Class challenges cardio strength and muscle endurance through HIIT-style movement. All levels welcome.

## **CARDIO**

**ADVANCED CHOREO LUCYCLE:** Advanced cycle is a faster paced cycle class with a focus on choreography and endurance. While it is more intense, newer riders are still welcome to join as everything in class is always optional! Bring water and fuel well prior to class.

**BOXING CONDITIONING:** A full body cardiovascular workout that combines rounds of traditional boxing moves and conditioning circuits. Class alternates between fun combinations and high intensity movements. This is a great workout for those looking for a fun and effective alternative to the typical group fitness class. No equipment needed as we work out to the music!

**CARDIO TONE FLOW:** This class merges yoga and Tonilates to create a movement experience directed by the breath. Yoga movements combined with weight training condition muscles and improve cardio endurance to withstand light loads at a consistent rate.

**“Coach By Color” LUCYCLE:** Join us in the Cycle Studio for a variation on our classic LUCycle 50 class as we ride to a variety of music genres and build on our cardiovascular endurance. The Coach By Color® power program relies on color’s natural stimulating properties to accurately coach the user’s effort during this workout. Classes are 45-50 minutes in length. Participants are encouraged to arrive early and bring a reusable water bottle.

**LATIN LUCYCLE:** With a motivational instructor and energizing music, you can tackle any climb, sprint, or endurance interval! Join us in the Cycle Studio for this workout set exclusively to Latin music and build your cardiovascular endurance. Classes are 45-50 minutes in length. Participants are encouraged to arrive early and bring a reusable water bottle

**LUCYCLE 50:** With a motivational instructor and energizing music you can tackle any climb, sprint, or endurance interval! Join us in the Cycle Studio as we ride to a variety of music genres and build on our cardiovascular endurance. Classes are 45-50 minutes in length. Participants are encouraged to arrive early and bring a reusable water bottle.

**LUCYCLE INTERVALS & ARMS:** Similar to classic LUCycle50, this class breaks down cycle into a variety of intervals and incorporates upper body strength to create a full body workout. Participants are encouraged to arrive early and bring a reusable water bottle.

**WERQ®:** The fiercely fun cardio dance class based on the hottest pop, rock, and hip-hop music.

**ZUMBA®:** A dynamic, low-impact cardio fitness workout that fuses hypnotic Latin rhythms with easy-to-follow dance moves.

### **FLEXIBILITY & MINDFULNESS**

**BEDTIME YOGA:** Wind down, stretch out and relax with this nighttime yoga session. Bedtime yoga is the perfect class for busy Loyola students and staff who want to wake up refreshed and ready to take on the day.

**MEDITATION:** Meditation allows us to focus on learning and implementing mindfulness techniques into our daily lives. It is for people of all backgrounds and experience levels. Whether you just want to take a break between classes or want to try out this whole meditation thing, come through for these 30-minute sessions. You'll leave feeling more relaxed, focused, and at peace.

**RECOVERY STRETCH:** Recovery Stretch is a 50-minute stretch and mindfulness class that will leave your body feeling refreshed for your next workout. This calming class contains a full body stretch with both static stretches and elementary stretch flows. We practice mindfulness through combined breath work and meditation to complete the relaxation and recovery process. Whether you're looking for a de-stressor or a scheduled recovery session, Recovery Stretch will leave you feeling refreshed and at peace.

**RESTORATIVE YOGA:** Restorative yoga is a style of yoga that focuses on relaxation and stress relief. It involves holding gentle poses and stretches for an extended period and class often includes props such as bolsters and blocks to support the body. The aim is to create a state of deep relaxation, allowing the muscles to release tension and the mind to enter a peaceful and meditative state.

**VINYASA FLOW YOGA:** Vinyasa yoga strings together active poses to create a smooth sequence, increasing flexibility, challenging balance, and building heat for an effective workout. Movements are synchronized with breath and encourage mindfulness. Take a break from busy days and turn inward during this full body class!