

THIS IS TRUEMU™ RECREATION & INTRAMURALS

Class Descriptions:

INDOOR CYCLING (Room 126)

This class offers an intense cardio blast on the bikes simulating a real-life road course up and down hills and through speed intervals! You will incorporate targeted movements to gain strength and tone your body. This high intensity class will improve cardiorespiratory endurance and increase caloric expenditure.

POP PILATES (Room 234)

This class is a fun and energetic total-body workout choreographed to Top 40 hits. POP Pilates takes the fundamentals of classic Pilates and gives it a fresh feel so that it is more of a dance than a workout. No muscle goes unworked, and every routine can be modified to meet you at your fitness level. Please bring sticky socks or clean indoor, smooth-bottom shoes.

TRX (Room 226)

This class delivers a fast effective total body workout that burns fat, builds strength, and is sure to make you sweat! Cardio, strength, and mobility are implemented throughout the class through the use of a variety of equipment including TRX Bands, kettlebells, and bodyweight. This class can be adapted to meet the needs of all fitness levels.

P.I.I.T (Room 234)

P.I.I.T. blends Pilates and HIIT principles to create a variable-intensity interval training. Few successive intervals of high-intensity work are coupled with shorter recoveries, followed by a sequence of purposeful lower-intensity strength-based intervals to enable active recovery. During the semester, this format will feature focused sessions on Arms, Abs, Glutes/Legs, and Total Body. Join a class where you will have the opportunity to pick moves and define the focus for the day!

STRENGTH AND CONDITIONING (Room 226)

This class is designed to offer a comprehensive and challenging workout for novice to advanced participants. The focus is on taking participants through a hybrid training session to improve functional movement (seven basic human movements). The instructor will incorporate fun and active dynamic movements, static stretching and breathing exercises to create a more balanced approach to health. The goal is for participants to view health and exercise holistically and learn to move their bodies in a way that is natural and restorative.

SUNRISE YOGA (5th Floor)

Sunrise yoga classes are an opportunity to strengthen not only the body, but also the mind and spirit. Classes focus on releasing stress and tension through pranayama (breath work), then progress into challenging strength and balance sequences to create a partnership between physical strength and dynamic flexibility. You'll close your practice with cooling sequences to further promote deeper range of motion, muscle release, and relaxation. Prepare to get more than just a workout—you will work on yourself.

WELLBEATS (Virtual)

Wellbeats Virtual Fitness is the premier on-demand fitness provider that delivers fitness classes, challenges, and fitness assessments to members anytime, anywhere. Wellbeats proprietary content and technology enable individuals and families to take control of their health with fitness solutions that fit their lives. **Indoor Cycling and Sunrise Yoga will be in person classes utilizing Wellbeats instructors for Fall A programs.**

