**GROUP FITNESS SCHEDULE**

**SPRING 2021**

**EFFECTIVE THURSDAY, FEBRUARY 11**

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- **All classes require advanced registration online at play.binghamton.edu or through Binghamton University Campus Recreation's app.**
- **Be sure to thoroughly clean and sanitize any equipment used. Please bring your own equipment (e.g. yoga mat) whenever possible.**
- **Individual cleaning supplies are available for checkout at the front desk.**
# Class Descriptions

## Spinning®

Spinning® is a rhythmic, music-based indoor cycling class that focuses on endurance, strength and intervals of varying intensity for a high energy workout.

## Strength Training

**Barre Burn**

Fuses elements from Pilates, ballet and yoga for transformed hips, thighs, back and core.

**Bodypump™**

Is a music-based barbell class that works all your major muscle groups using light to moderate weights with lots of repetition.

## Yoga/Pilates

**Vinyasa Yoga**

Is a practice where smooth transitions between poses create a flow sequence. The class focus is on synchronizing your breath with movement to find calm and balance.

**Yoga Pilates**

Infuses elements from yoga, Pilates, calisthenics, gymnastics and dance for amazing results.

## Dance

**Zumba®**

Is a dance class that blends Latin and international rhythms for a fun and effective workout.

## Virtual Fitness

**BodyCombat™**

Is a martial arts-inspired workout that incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**BodyFlow™**

Is a yoga-based workout that incorporates Tai Chi and Pilates movements.

**Core Strength**

Is a 30-minute core workout that uses resistance tubes, weight plates and body weight exercises.

**Grit™**

Is a 30-minute high-intensity interval training (H.I.T.T.) workout that focuses on building strength (STRENGTH), improving cardiovascular fitness (CARDIO) or increasing agility and athletic performance (ATHLETIC).

**Kickboxing**

Is a high powered, cardio workout where you kick and punch your way to fitness in 30 minutes!

**Pilates HIIT**

Is a unique fitness class that alternates between core-strengthening Pilates moves and calorie-torching cardio bursts.

**SH'BAM**

Is a fun-loving and addicting dance workout. No experience necessary!

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**Please Note the Following:**

- Advanced registration is required for all group fitness classes. Visit recreation.binghamton.edu or Campus Recreation’s app to reserve your class time.
- Please bring your own equipment (e.g. yoga mats, hand weights) to class when possible.
- Patrons are responsible for sanitizing any fitness equipment used after class.
- Most classes average 45 minutes in length, open to student, faculty, staff fitness members.
- Daily student guest passes are available for $8.
- Be on time for class. Due to safety concerns and the importance of warming up, late participants will not be allowed into class.
- Bags, books and coats must be stored in cubbies or lockers, but only for that specific class. Items cannot be left on the floor.
- Athletic attire is required at all times. Participants must also wear appropriate sneakers during all classes. Jeans, boots, and sandals are not allowed.
- Hours, class styles and instructors are subject to change.