<table>
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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tr>
<td>6:15 A.M.</td>
<td>BODYPUMP Virtual</td>
<td>BODYCOMBAT Virtual</td>
<td>BODYFLOW Virtual</td>
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<td>12:15 P.M.</td>
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<td>6:15 P.M.</td>
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*30 minutes

FloatFit and Spinning classes require advanced registration online at recreation.binghamton.edu (Reservations) or through Binghamton University Campus Recreation's free app available for Android and iOS. Search "Binghamton Campus Recreation" in the App or Play Store to download.
# CLASS DESCRIPTIONS

## CARDIO/STRENGTH COMBINATION

**Bootcamp**
- consists of multiple stations, incorporating strength training, HIIT, core conditioning, and a variety of resistance equipment to ensure you are consistently challenged!

**Kickboxing**
- combines martial arts techniques with fast-paced cardio for a total body workout, no equipment necessary.

**R.I.P.P.E.D.**
- is a combination of resistance, intervals, power, plyometrics, endurance, and core work, all set to music. It has cardio, weights, fun, and more!

**Spinning**
- is a rhythmic, music-based indoor cycling class that focuses on endurance, strength and, intervals of varying intensity for a high energy workout. You must reserve your spot in class at recreation.binghamton.edu.

## STRENGTH TRAINING

**Barre**
- 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.

**Core & Restore**
- is a 30-minute class designed to help your body function and recover better. It’s the perfect complement to your weekly workout routine.

## YOGA/PILATES

**Restorative Yoga**
- targets the connective tissues, joints, and the deep fascia network of the body, allowing you to feel rejuvenated and energized.

**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 Meditation**
- helps you focus on conscious breathing and concentration. Steady yoga poses combined with breath work will bring you to a state of relaxation.

## DANCE

**Zumba®**
- is a dance class that blends Latin and international rhythms for a fun and effective workout.

## AQUATIC

**FLOATFIT HIIT**
- is a low impact class combined with high-intensity interval style training, followed by a yoga style stretch, designed to boost mental wellbeing and challenge your balance. All class participants MUST know how to swim and please dress to get wet. Form-fitting yoga attire or bathing suits are required. You must reserve your spot in class at recreation.binghamton.edu.

## IN-STUDIO 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**
- 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!

**TOTAL BODY STRENGTH**
- is a 30-minute class that focuses on form and strength. After this workout, you’ll feel strong, sculpted, and just the right amount of sore.

*All in-studio virtual classes take place in room 106 of the East Gym at their scheduled time.*

You must pre-register for Spinning and FloatFit HIIT at recreation.binghamton.edu.