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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.*

*30 minutes*
### 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!

### 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.