CLASS DESCRIPTIONS

Abs N’ Ends Butts and guts will be busted in this lower body class. Tighten your bakery (where your buns and rolls are) and prepare for some bootilicious swimsuits for spring break!

Abs Only Join us for a 30-minute intense workout for your core! Work abdominals, obliques, lower back, and bootay to help you succeed in your desired 6-pack goal!

Afro-Fit Fusion From Africa to Jamaica, this class is a unique fusion of fitness and dance! The high-energy, trendy class will give you a full body workout while having fun. It combines Afrobeats dance moves from urban sites across Africa such as “Coupe Decale” and “Kuduro” with a bit of Jamaican dancehall style. Dances are choreographed to the latest hits.

Aqua Zumba Get ready, get set, and get wet with this fun, low-impact way to stay moving. This class is like a dance party in the pool with a slower pace than regular Zumba because of the added water resistance. It is great for all activity levels.

Ballin’ Get on the ball and experience a workout like never before. Whip into shape using physio balls, medicine balls, BOSU balls (half-balls), and other spherical-shaped equipment!

Belly Dancing Learn to isolate, rotate, shimmy, and shake your body like you never thought you could to exotic modern and classic belly dancing tunes. Wear comfortable clothing and something at the hips (belt or scarf). Bare feet or flat dance shoes are recommended. This class is an excellent cardio/core workout for all genders, ages, and fitness levels.

Chair Fit* This 8-week class (Jan 20-Mar 9) will teach different sexy chair routines to get your heart pumping. Learn how to isolate and move different parts of your body, and how to do both chair and floor work. All types of skill levels are welcomed!

Circuit Training An entire class of circuit training will help you get your sweat on and keep your body guessing. Keep your heart rate up while incorporating endurance resistance training.

Cycle Express Ready to take your indoor cycle to the next level? This 30-minute class incorporates flats, hills, and high intensity drills that will push you to your limit. Cycle is great for any level since you choose your intensity.

Cycle Circuit Join us for a longer cycle session that not only contains working out on the bike, but on the floor as well! A ride portion is incorporated as well as full body exercises to work on both strength and endurance. This class is great for any level.

HIIT IT High Intensity Interval Training that will guarantee maximal fat burning during every class. This class incorporates a lot of jumping and body weight exercises.

Hula Hoop Fitness Learn the basics of hula hooping and gain core benefits! Workout your entire core while you shimmy the hoop around your body. Beginners welcome!

Kickboxing Fit Challenge If extreme, body-shaping workouts are what you want, come join us. This workout incorporates the Wave Master to perfect your kicks, jabs, and punches while working your entire body. Use actual contact to bring kickboxing to a whole new level.

Leatherneck Boot Camp Join this class for an intense session of boot camp-style drills and intervals of cardio and plyometric/agility based strength training.

Leatherneck Boot Camp H2O** A cross training class that uses intervals of swimming and body weight exercises for a total body, high intensity workout. Participants must bring goggles and be able to swim the length of the pool.

Out and About Break out of the fitness studio and discover what Campus Recreation has to offer. The class will incorporate the indoor track, cardio equipment, and free/body weight exercises. Meet in Fitness Studio East; then we’ll move to our destination.

Pin-up Fit* This 8-week class (Mar 23-May 11) will consist of light weight and body-weight strengthening, muscle toning, and flexibility enhancing maneuvers set to a fun retro-sound track. Many featured routines are taken from the fitness practices of pin-up queens such as Betty Grable, Marilyn Monroe, and Bettie Page!

Rocky’s Weekend Workout Need a break from your week? Feel better in this workout for our own WIU students. Don’t feel guilty about watching TV and eating bon bons all weekend.

Ropes Gone Wild This unique 35-minute ropes training session creates the ultimate conditioning workout. It develops core stabilization, authentic strength, and metabolic endurance with unique cutting-edge battling rope moves.

Total Body Workout Get a total body workout in this challenging class. Try innovative exercises to get a full workout. Condition your body to gain strength, speed, flexibility, and endurance.

TRX Boot Camp Bodyweight drills taken to the next level. In this Navy SEAL-developed training, gravity provides the resistance while you provide the intensity. Work your core with every exercise and push yourself to the next level.

TRX Shred Give yourself 30 minutes and feel the difference. This core training class uses the TRX to train the glutes, abdominals, low back, and chest. Space is limited, so arrive early!

Yoga Take time out of your hectic schedule to enjoy a beginner-friendly yoga class. Experience yoga bliss as you gently strengthen and stretch your mind and body. Allow yourself to relax in the moment with breathing and posture exercises.

ZUMBA™ Exotic rhythms are set to high-energy Latin and International beats for this class. It’s easy, effective, and totally exhilarating often building a deep-rooted community.