SPRING 2021
VIRTUAL GROUP FITNESS CLASSES

MON
HIIT
12:15-12:45pm
Annaliesse

TUES
FULL BODY FIT
12:15-12:45pm
Lingzi

POWER YOGA
5:00-6:00pm
Claire

WED
SU STRENGTH
2:00-2:35pm
Angelena

FRI
STRENGTH & CONDITIONING
12:15-1:00pm
Aurelie

THURS
STRENGTH & CONDITIONING
12:15-1:00pm
Claire

YOGA FLOW
5:00-5:45pm
Lingzi

Register on MINDBODY for the Live Streaming Link
YOGA FLOW
This style of yoga combines the breath, flexibility, both standing and floor postures, and aims at connecting the mind, body and spirit. Flows will vary from class to class. Great for new and experienced yogis.

POWER YOGA
This more advanced yoga class incorporates flowing sequences and dynamic standing postures to build strength and endurance. Breath work, flexibility and relaxation will also be incorporated in order to achieve a balanced practice. Great for those who have experienced yoga before.

SU STRENGTH
This class will help you strengthen all major muscles through full-body, compound movements, helping you move with ease in your everyday life. Perfect for those looking to take their workout to the next level.

STRENGTH & CONDITIONING
This more advanced, complete body workout mixes high-intensity interval training, strength training and speed and agility work to help you reach your fitness goals! Perfect for those looking to take their workout up a notch.

HIIT
Join us for our heart pumping interval-based cardio class! In 30 minutes, we will get our bodies moving through a variety of cardio movements set into short intervals followed by short active recovery movements. No equipment needed! Our most intense cardio class. Great for those looking to take their cardio up a notch.

FULL-BODY FIT
Enjoy cardiovascular exercises mixed with full-body strength and endurance exercises to help you reach your fitness goals! Perfect for those looking to increase their strength and endurance.

GROUP FITNESS ON DEMAND
Pre-recorded classes are now available for you to take whenever you want! Access our video library by logging in to your MINDBODY account and click "Group Fitness On Demand". New classes added daily! A one-time-yearly fee of $15 for students and $20 for Faculty & Staff is required to access these videos.