

● ● K-FIT WORKOUT DESCRIPTIONS*

AFRO BEAT YOGA

A powerful vinyasa flow, grounded in breath, that allows students to explore spaciousness while moving to AfroBeat rhythms.

ASHTANGA YOGA

A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. It links the breath with a set series of progressive postures or asanas. It is commonly known as the "original power yoga."

BARRE WITHOUT THE BARRE BALLET

Inspired floor exercises, mat pilates, and traditional exercise combine for an effective workout for the lower body and the core.

BOLLYPOP

is a high energy cardio workout with easy to follow choreography. The class enables one to build overall strength and extends one's dancing style and skills. BollyPop features Bollywood style but also includes Indian folk, Indian classical, Latin, Hip Hop and Egyptian classical movements along with yoga. Get ready to shake, swerve, move and groove across various continents in this multicultural, adventurous wonderland of dance fitness fun!

CORE YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

DANCE IT OUT

A high energy dance cardio workout celebrating a variety of styles and music! From Hip Hop to Disco, Broadway, African, Bollywood, Russian, Pop, Swing, Mambo and more you'll learn to dance and build your stamina while having a blast!

HIP HOP BODY ROCK

A fun-loving Hip Hop dance fitness workout to your favorite old school beats. Learn easy-to-follow dance routines from dance-fitness legend, Milo Levell, and get a great cardiovascular workout!

SPIN

This instructor led group cycling class will give you an intense cardiovascular workout that will improve both endurance and power. Featuring bikes with personal power meters and a fully integrated training system from Stages – the gold standard in Indoor Cycling. "Core" adds an intensive abdominal conditioning component. "Conditioning" adds some core and upper body exercises.

To take spin classes you must create a **Stages Flight account at www.stagesflight.com**. KREC location is **kk470**.

To sign up for a class, you must book a bike. Go to **www.stagesflight.com** or use the App, click "book", pick a bike, add phone number or select unregistered and you're ready to RIDE!

You can sign up for classes 24 hours in advance. If you cannot attend, please cancel your bike. Three "no shows" and you forfeit the opportunity to sign up in advance. Didn't have a chance to sign up in advance? No problem. Just come to class to see if there's space. All participants must show appropriate Activity Pass at class. Spin & Core saves time at the end for some Abs!

TOTAL BODY CHALLENGE

A total body strength training/anaerobic class using weights, TRX, tubes, bands, balls and your own body for resistance. Get strong and have fun!

U-JAM DANCE FITNESS

A hip-hop dance-fitness class. Dance along to funky adrenaline-based urban beats from around the world with easy-to-follow choreography so that everyone, everywhere has the potential to get their Jam on.

YOGA

A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength.

YOGA FLOW

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YOGA SCULPT

Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let's sweat!

ZUMBA®

A fun dance cardio workout to dance from around the world. Enjoy learning styles such as salsa cumbia merengue ragaeton and more.