

## **TIGER-X Descriptions**

**Fall 2009**

### **Relaxation/Flexibility Classes:**

#### **Yoga (Varied Levels)**

All classes focus on correct posture with attention to detail and safety in poses. Yoga, "Gentle" Yoga, and "Lunch Time" Yoga involve flowing sequences of poses that link breath to movement. All levels welcome to work toward increased core strength, balance, flexibility and stamina.

#### **Pilates**

This mat class is focuses on proper breathing technique and alignment. Pilates is offered to train beginners, intermediate, and advanced individuals that will benefit each participant.

### **Dance Classes:**

#### **Salsa y Mas**

Have you ever wanted to step out of your comfort zone and learn something new? Salsa y Mas offers people of all backgrounds to enjoy the art of salsa & other Latin dance lessons so you can dance with confidence.

#### **Zumba**

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Come join the party!

#### **Capoeira**

This Afro-Brazilian dance form combines martial arts, games, music and dance for a novel group exercise.

#### **Hip Hop**

So you think you can dance? Take a new roller coaster ride in the realm of Hip-Hop that will have you poppin' and lockin' to cardio rhythms, build strength and muscle tone in the abs, glutes and arms; Fun "themed" classes, so check the schedule!

### **Aerobic/Core Classes:**

#### **Kickboxing**

A high-energy workout based on kickboxing moves and drills. Come kick and punch with the best of them!

### **Indoor Cycling**

Bring your bike workout indoors for climbs, sprints, and more. A great cardiovascular workout! Indoor cycling is offered multiple times a week so everyone has a chance to participate.

### **Cardio Kick**

Super fun, sexy, high-energy cardio program designed to strengthen and tone your entire body with an intense focus on the abs. Cardio Kick is addictive; its up-tempo beats quickly made it the hottest group-exercise kickboxing program in the country.

### **Self-Defense**

Want to learn time-proven techniques on how to defend yourself? Come to the Baun Fitness Center for exciting demonstrations and hands-on learning of how to stay safe in a dangerous world.

### **Boot Camp**

It's all too easy to get stuck in the same routine! Boot Camp offers a chance to mix up your normal routine through the usual of multiple training methods.