

Healthy Titans Fitness Program

Class Descriptions

Many of you are wondering exactly what classes you might be interested in, well here's the breakdown...

Trail Mix:

This is a class geared to get you moving. Take a brisk 30 minute walk around our lovely campus. Meet in Albee 108 to begin your trail mix journey.

All Classes are held in Albee Upper Gym

Yoga:

Suzette is a wonderful teacher who will help you relax your body, mind and soul. Hold poses to get the ultimate stretch and improve your body alignment. This non aerobic class is very helpful for those that do cardio workouts as well. It is not an intense class and you don't have to be a contortionist to enjoy!

Muscle Mix:

This class gets started with a low-impact warm-up. We work each major muscle group to get the ultimate tone to our bodies. Sculpt your arms, shoulders, abs, back and legs. There is a variety of different weights you can use so it will accompany any fitness level.

Pilates:

Pilates is a system of strengthening and stretching exercises developed over 90 years ago by Joseph H. Pilates. The benefits are: strengthens core (abdominals, back, thighs, hips), strengthens muscles, increases flexibility, improves balance, and unites body and mind. This class is for all levels; beginner, intermediate, and advance moves are taught.

Step Aerobics:

Difficulty level is based on the students attending class. If there is anyone new to the program the classes are geared toward those individuals who need to learn the basics of step aerobics. The movements are repeated more often and the difficulty level more adaptable to new students in the class. In time, after the class is more familiar with the routine, difficulty level does increase slightly. The class is geared to get your heart rate elevated and keep it there for a period of approximately 20 minutes. There is some toning and ALWAYS sit ups at the end of class. Give it a try! It is NOT as hard as everyone says!

Core:

Taught by an outstanding instructor, she will take you through a 45 minute workout to tone your trouble spots. Start by working your abs and then end with sculpting your glutes. Beginners are welcome along with those that are experienced. You can alter the intensity level as you choose comfortable.