

# Fitness Class Descriptions

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## Newnham Campus

### **BollyFit**

Experience the ultimate blend of Bollywood music and fitness in a BollyFit class. Dance to catchy Bollywood songs while getting a great workout. It's like having a dance party while getting fit at the same time!

### **Bollywood Dance Workshop**

Bollywood dancing is a dynamic and theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more western forms such as hip hop, jazz and funk.

### **Hatha Yoga**

Hatha Yoga is practiced at a slower pace, focusing on the breath, controlled movements, and stretching. If you want to become more flexible, hatha yoga can help, especially in the hamstrings and spine. Practice can be very relaxing.

### **Hip Hop**

Hip Hop is a high-energy, urban dance style emphasizing personal style instead of formal technique. Classes start with a warm-up and then move on to learning choreography to great music. No experience is required.

### **Interval Training**

This class combines high and low intensity cardio and muscle conditioning exercises for a full body workout.

### **Kickboxing**

Class begins with a warm-up, which may include stretching and traditional exercises such as sit ups and push-ups. This is followed by kickboxing movements such as knee strikes, elbow strikes, kicks, and punches using focus mitts and kicking shields. It will conclude with a cool down, followed by muscle conditioning and stretching.

### **Mindful Warrior Fitness**

A unique class that aims to integrate mindfulness, Muay Thai, and fitness to improve mental health and well-being. It may help encourage mind-body connection and physical

empowerment.

### **Music Video Dance**

Join us and have a music video dance party! We will dance the moves inspired from iconic music videos from today and in the past.

### **Pilates**

Involves a repertoire of exercises performed on a mat to promote strength, stability, and flexibility with controlled, movements and breathing. It will target the "powerhouse" muscles, which include abdominal, glutes, hips, pelvic floor, and lower back.

### **Power Yoga**

In class, you will go through various yoga poses and flow focusing on breath, correct alignment, and muscle engagement. You will build strength, stamina, flexibility, and balance - all pillars of fitness.

### **Sculpt**

This class is excellent for conditioning and toning muscles you will work the upper body, lower body, back and abdominals in several ways using hand weights and body weight.

### **York Campus**

### **Stretch Yoga**

Find your inner balance and improve flexibility with our Stretch Yoga class. With a focus on breath control and mindfulness, Stretch Yoga not only nurtures your physical well-being but also promotes relaxation and mental clarity. All levels welcome.

### **Pop Fit**

Get ready to groove and sweat to the rhythm of the latest pop hits! Our Pop Fit class is a high-energy cardio workout that combines popular music with fun dance moves. If you're looking for a fun way to stay active, Pop Fit is the perfect class to get your body moving and your spirits soaring. This class is suitable for all fitness levels.

### **Total Body Bootcamp**

Designed to target and tone every major muscle group using a variety of weights and equipment through a series of exercises that focus on strength and resistance training. By engaging your entire body, you'll improve muscle strength, enhance your metabolism, and leave feeling stronger and more confident than ever before. This class is suitable for all fitness levels.