CARDIO KICKBOX: This class will work your cardiovascular system while you tone and strengthen your entire body through real boxing techniques. The fast-paced boxing moves will develop strength in the legs and overall stamina. CAPACITY: 30

CORE / Flexibility: This class will target all of your abdominal muscles to strengthen the core and improve postural integrity. It will also focus on overall flexibility and balance through various stretching techniques and activities. CAPACITY: 30

HIIT/HIGH INTENSITY INTERVAL TRAINING:
High intensity interval training incorporating Step, High/Low Impact, and Plyometrics with intervals of strength training.
CAPACITY: 30

INDOOR CYCLING: Intermediate Level—A moderate to high intensity endurance class that is great for all levels of cyclists seeking a great workout. Target heart rate during the class is 65-95% of MHR (maximum heart rate) with the goal to improve general endurance and cardiovascular fitness. First timers should arrive at least 5-10 minutes early so that the instructor can walk through proper bike set-up procedures.
CAPACITY: 25

IYENGAR YOGA
A form of hatha yoga named after its founder, Sri BKS Iyengar. Focusing on precise physical alignment in yoga postures, these classes are designed to deepen students’ understanding and experience of yoga in a gradual and systematic way, waking up and enlivening dormant aspects of the human body. Class focuses change weekly, covering standing, seated, twisting, back bending, inverted asanas, along with yoga philosophy. Those who attend regularly will learn how to safely practice yoga and develop a foundation for home yoga practice.
CAPACITY: 30

PILATES: A gentle, yet challenging core workout that will increase body awareness, promote good posture and graceful movements. This innovative system of mind-body exercises will help you to develop flat abdominals, a strong back, lean muscles and flexibility, ultimately enhancing your physical and mental well-being. CAPACITY: 30

PRANAKRIYA YOGA: For beginning and continuing students, this class offers a balance of stretching and strengthening. The class starts with an opening centering that includes pranayama (breathing techniques) to prepare the mind and body for the practice. This is followed by warm-up movements, a sequence of postures, and a closing relaxation. Postures are led in a moderately paced flow, with some postures held longer to bring about greater stamina, focus, and opening. The class is led with an emphasis on deep breathing and body awareness to cultivate greater flexibility, strength, and well-being.
CAPACITY: 30

SLOW FLOW YOGA: In this class, we take it slow with a gentle, but deep approach to vinyasa yoga. The Slow Flow Yoga practice links postures and movement to breathe to awaken body awareness, improve inner strength, gradually open muscles and tissues, and facilitate deep relaxation. All levels are welcome. CAPACITY: 30

TAI CHI: The slow, graceful movements of Tai Chi increase strength and flexibility, and improve balance and circulation for individuals of all ages and health conditions. Tai Chi has been known to be an effective therapy for a wide range of health problems, including poor circulation, headaches, high blood pressure, arthritis, back pain, breathing difficulties, digestive, and nervous disorders.
CAPACITY: 30

VINYASA FLOW YOGA: Vinyasa is a powerful, physically challenging class that connects postures and movement with breath. Although the postures vary somewhat from class to class, each class follows a similar structure designed to strengthen, stretch, and balance the body and mind. The class begins with several rounds and variations of sun salutations, moves through a challenging standing sequence focusing on core strength and balance, and concludes with a floor sequence to take students deep into their practice. Advanced variations and modifications are offered throughout the class. All levels are welcome.
CAPACITY: 30

ZUMBA: A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. Learn the latest Latin steps, creating an exciting and fun aerobic workout. Zumba rhythms and moves burn away many calories and tone your entire body. CAPACITY: 30

Fitness Emory Policies
Under the Emory Recreational Services umbrella, the Fitness Emory Program offers a variety of non-credit fitness classes held at the Woodruff P.E. Center. All class participants must purchase a class card and sign a waiver before attending any Fitness Emory classes. Eligible members include students with a valid Emory student I.D. and Woodruff P.E. Center members with a valid EmoryCard. Martial Arts class participants, e.g. Capoeira and Tae Kwon Do, must purchase a separate class card (MAAC/Martial Arts Access Card) for each semester to attend an unlimited number of classes in the chosen martial art. Class participants must present their card to the class instructor on-site before each class. No refunds or exchanges will be offered for class cards for any reason. Class cards are non-transferable and cannot be re-sold. All classes have a limit on the number of participants and are therefore offered on a first-come first-serve basis. If a class is consistently attended by a low number of participants, Recreational Services reserves the right to discontinue the class. The class schedule, as well as class times, locations and instructors are subject to change. Recreational Services will post signs regarding any changes in the published schedule, and members can also visit us online at www.play.emory.edu.