

Cooper Fitness Center

Group Exercise Class Descriptions

A pass is required for all yoga, Pilates, and indoor cycling classes. Passes are issued at the Service Desk.

Aeromix: Get ready to push your cardiovascular limits! This is an intense class consisting of a perfect blend of high and low impact aerobic moves.

Body Sculpt: Safely build muscular strength and definition. Exercises depend on instructor's choice to utilize hand weights or exer-tubes.

Classics Pilates: Pilates for the mature adult. Experience improvement in posture, increased strength, correct breathing techniques, and reduction in stress levels.

Classics Plus: A fun and challenging strength class designed for adults 50 years and older. Individualized attention is given through constant instructor interaction.

Core Matters: Improve your posture and balance, and build strength and stamina in torso muscles that support the spine and pelvis.

Dance: Cotton Eyed Joe, Freeze, Electric Slide, Cha Cha, Salsa—enjoy cardio dance variety! When partners permit, we'll Jitterbug, 2-Step, Waltz, and more.

Early Birds: It's time to gain strength and flexibility! Exercises in this class are designed for low-intensity work.

FreeMotion: Set your body free! This is a resistance class using the Free Motion Tower. Build strength, stamina and functional core stability. Limited space.

Indoor Cycle: Obtain your pass at the front desk for the ride of your life! Join us in the cycle studio for a fun, non-impact group cycling workout that is safe for anyone. Limited space. Pass required.

Kick Box: Ready for the PUNCH? This takes the excitement and energy of aerobics and rolls it together with boxing and martial arts for a complete workout.

Pilates: Increase torso strength and stabilization with these yoga-based mat exercises. Flexibility will also improve as you focus and breathe in this balanced regimen. Limited space. Pass required.

Pi-Yo: Enhance strength, muscular symmetry, alignment, flexibility, grace, and coordination with this blending of Pilates and yoga. Pi-Yo movements build strong muscles from the inside out. Limited space. Pass required.

Salsaerobics: Arriba! This is your Latin-dance aerobic workout. Salsaerobics is a low-impact dance class that combines fun, Latin music, and traditional Latin-dance steps. It's muy bueno!

Step Reebok: Step choreography providing high intensity, low impact cardiovascular training.

Strictly Strength: It's group exercise resistance training. Take some awesome, high-energy music, then add true weight equipment, and you have the hottest workout in fitness today!

Tai Chi: A health promoting exercise in the Chinese tradition. The flowing, rhythmic movements enhance flexibility of the body and reduce stress.

Total Body: Alternating step aerobics and resistance exercises give an excellent, all-around workout in record time. Class concludes with abdominals.

Yoga: Enjoy stress reduction, relaxation techniques and flexible strength training. Level 1—no experience; Level 2—six months experience; Level 3—studio significantly heated. Limited space. Pass required.

Zumba: Zumba fuses international and world-beat music with easy to follow dance steps for a great cardio workout. It's fun, easy, and effective! Join the party!