

CAMPUSREC SPRING 2024 GROUPX CLASS DESCRIPTIONS

April 1st - June 14th

CARDIO

Cycle/Krank

This is an amazing cardiovascular workout that works well for participants of all levels. Instructors will lead you through a variety of drills on the bike, such as sprints and hills, to ensure you get the most out of your workout time. Participants will be set up on the bikes safely and be provided with motivating music to keep you going. Krank cycles for the upper body can be swapped out for traditional spin bikes if preferred. Please bring a towel and a water bottle as this class will make you sweat! If you are a new rider please come 5 minutes early so that you can get properly set up.

HIIT + Abs

HIIT stands for High Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery intervals. HIIT is known for providing an effective cardio respiratory workout in a short time frame. Be ready to utilize your entire body via bodyweight and equipment based exercises.

Bootcamp

This class combines strength training and cardio exercises for a comprehensive workout that is ideal for anyone seeking a fun, full body, interval-based workout that can be performed anywhere. Bootcamp's endless variety will keep you engaged and progressing along your fitness journey.

Deep Water X

This little-to-no impact class gives you the opportunity to get a great workout without putting any added stress on your joints. With a variety of cardio, core, and strength work you can look forward to a full-body workout, using the water to do what we can't with our feet on the ground. Deep Water X is ideal for participants of all body types and fitness levels. No swim experience required.

Shallow Water X

This class takes place in the shallow end of the pool, using the buoyancy of water to lessen the impact on our joints. You can expect a variety of HIIT intervals, plyometrics, and strength work for the upper and lower body in this effective, low-impact class. No swim experience required!

Hip Hop Dance

Hip Hop Dance is designed to keep your body moving through simple and fun hip hop movement while providing a community for those who enjoy dancing and listening to a variety of hip hop tracks. Any level of dance experience is welcome!

Kpop Dance

Dance, sweat, and stretch in our new kpop class. Participants will learn chorus choreography to some of the most popular kpop songs from the last 10 years and new releases. Each class will break down one dance sequence that we will practice and "perform" at the end. The goal is moving and having fun, so all are welcome!

Zumba

This Latin-inspired dance-fitness class incorporates Latin and International music with dance movements to create a dynamic and fun fitness program. The class format combines fast and slow rhythms that move the body in an aerobic fashion to achieve a unique balance of cardio and muscle-strengthening benefits. No prior dance experience necessary. Come join the party!

Barre

Barre is a fusion of Pilates, yoga, aerobics, and elements of strength training. It is a full body workout that uses light to moderate weights, resistance tubing, a Pilates ball, and a mat. Barre improves posture, flexibility, overall body strength, and balance. Come ready to get your body moving and establish new connections with fellow classmates.

Full-Body Strength

This full body resistance training class will help you realize your strength through the use of free weights, body bars, and more to work every major muscle group in the body. Instruction and participation focus is on correct lifting techniques, with the use of light to moderate weights and higher repetitions. Use the energy of class to help you reach your goals!

Lower Body & Core

If you are looking to strengthen your lower body, this is the ideal class for you! Using strength training principles and a mix of bodyweight and equipment, this class is sure to target and strengthen every area of your glutes, quads, hamstrings, abdominals, and calves.

Upper Body & Core

This class is intended to strengthen your core, arms, chest, back, and shoulders using bodyweight as well as equipment. This motivating and empowering class is great for those looking to make upper body and core strength gains, to learn how to perform exercises safely, or to continue to move while resting and/or recovering their lower bodies.

Beginner Vinyasa Yoga

This mindful vinyasa flow class practices slowing down and moving with the breath to promote awareness and grace. The integration of yin yoga to release facial tension with a slow and gentle vinyasa flow teaches practitioners to use breath effectively in transitioning from one movement to the next. This is a perfect class for yogis building up to a faster-paced vinyasa practice, or for experienced yogis looking to slow down and find some release in a gentler flow.

Foam Rolling

Foam rolling is a self-myofascial release technique (SMR), which is a type of therapy used to reduce general fascia restrictions and increase range of motion. It's like a full body massage and is ideal for releasing muscle tension after a good workout or long day at the desk. Let your muscles relax into the foam roller and end with some nice stretching to help prepare your body to tackle the rest of the day.

Gentle Yoga

This slow-paced and alignment-based practice facilitates ease and awareness in the body through using a combination of gentle yin yoga stretches to release tension in the fascia, restorative poses, and breathing and meditation techniques. Gentle Yoga is appropriate for anyone from the absolute beginner to the experienced yogi looking to bring an element of deep relaxation to their practice.

Hatha Yoga

This is an active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice. Poses are held for 3-10 breaths to build strength, body awareness, and mind-body connection. Hatha Yoga is appropriate for beginners with no prior yoga experience, as well as more experienced participants seeking a refresher on the fundamentals of breath and alignment.

Intermediate Vinyasa Yoga

Open your heart, body, and mind in this vinyasa flow. Class will progress to matching one breath per movement to create strong, flow-based sequences that elevate heart rate and build warmth in the body. Intermediate poses are introduced including arm balances, back bends, and prep poses for inversions. Intermediate Vinyasa classes are faster paced; knowledge of yoga postures is helpful but not required.

Stretch & Flexibility

This class is geared towards improving flexibility through a variety of static and dynamic stretches. Expect to slow down and reconnect with your body as you improve posture, maintain or increase range of motion, and reduce general tightness and soreness throughout your body. Stretch & Flexibility is excellent after a long day at the computer or a strenuous workout!

Mindful Movement and Meditation

Break up your day with some gentle breath work, meditation, and mindfulness. We will explore grounding breathing exercises, intention setting, and tuning into more subtle movements in the body. No experience or props necessary, just a willingness to slow down!

Aikido

Learn how to fall safely, deepen body awareness, improve balance, and sense your center. Aikido is a non-competitive Japanese martial art, known as "the art of peace." In this class we'll begin with solo movements to unravel your tension and clear your mind. We'll practice skills for safe falling and rolling. Then we'll guide you in fun partner exercises to explore balance, resilience, and absorbing force safely. Come play on the mats and learn some cool moves.

Iaido

Cultivate balance, focus, and fortitude. Both mindful and physical, this class is based on the forms of Iaido, the art of drawing and wielding the Japanese sword, dating back to 16th century Japan. No equipment needed. Your open hand serves as your sword. We'll practice moving the feet, legs, and hips so that the lower body and core support the motions of the spine, shoulders, and arms. The eyes learn to settle and align with one's intention. Release the day and transition to your evening with this self-reflective, whole body movement practice.

Self Defense

Self-defense teaches you techniques and strategies to avoid and survive hostile encounters. Hands-on defensive techniques utilize simple, effective movements to defend against and counter an attacker. Focus is placed on attacking the weak areas of the body to achieve maximum results with minimum effort.

COMBO

DANCE

STRENGTH

MIND/BODY

MARTIAL ARTS

KEY

	
Cardio	Mind/Body
	
Combo	Strength
	
Dance Fitness	Martial Arts

CLASS LOCATIONS

Rec Center Pool
> Shallow Water X
> Deep Water X

ASRC 450
> Self Defense
> Aikido
> Iaido

ASRC 440/441
> All other classes

FIND GROUPX ONLINE



CAMPUSREC  Portland State
UNIVERSITY
pdx.edu/recreation

GENERAL QUESTIONS AND ACCOMMODATIONS:

503-725-2959 or orndorf@pdx.edu.

Campus Rec makes every effort to be accessible to all abilities.