

SRSU Group Fitness Class Descriptions

Cardio Boxing

A combo of traditional boxing moves with cardio exercises to keep your heart rate up.

Jazz

Commercial/Broadway jazz class for all levels.

Just Peachy

Resistance class focused on building strong glutes, legs, & core. Utilizing bands, weights, and bodyweight exercises.

Kickboxing

Combines martial art techniques with fast-paced cardio to keep your heart rate up and provide a great workout!

Ladies Who Lift (Meet outside Graves-Pierce Weight Room)

Weight lifting group for women. Whether you're a beginner wanting to learn or already an advanced lifter, come lift weights and tone muscle with other ladies in the GP weight room. Meet outside the weight room each week.

Lunch Crunch

Upper body and core focused resistance class.

Lunch Lunge

Lower body focused resistance class.

Mobility

Care for your body and soft tissue to promote better movement and improved range of motion.

Power Fitness

A HIIT class with rigorous interval training and high-intensity exercises.

Presidents Walking Club (Meet Outside SR President's House)

Trails start outside the President's house, so meet there to join this walking group!

Yoga

Yoga postures, movement sequences, breath work, meditation, and guided relaxation.

Zumba

Mix low intensity with high intensity moves for an interval style, calorie burning dance fitness party!

Belly Dance with the Alpine Belly Dance Group

This class is free and open to the public for anyone interested in learning how to belly dance.