

Group Exercise Class Descriptions

Indoor Cycle- This is a high intensity indoor cycling class. This class is taught using the latest trends in indoor cycling- push-ups on the bike, isolations, and sprinting. Upbeat music is incorporated to keep you moving and motivated! A heart rate monitor is highly recommended.

PLEASE arrive early for class to have your bike properly adjusted for a comfortable and safe ride.

Mindfulness/Meditation- These classes are mind/body classes that incorporate basic pilates and yoga exercises but with fluid movements. Proper breathing and relaxation techniques will also be practiced.

HIIT and Lunch Crunch- These classes use plyometric moves throughout a circuit to achieve a total body workout. Some exercises included in this workout; burpees, power squats and not so regular pushups. HIIT(High Intensity Interval Training) principles are applied to these classes.

STRETCH & MOBILITY-45 minute low impact class that is great for all fitness levels focusing on deeply stretching muscles, building joint stabilization, and improving range of motion. Classes are a simplified combination of Pilates, Yoga and Physical Therapy Essential Exercises to improve posture, stability and alignment.

DRILLS FOR SKILLS -45 minute high-intensity interval training class designed to make you perform like an athlete. Classes combine athletic drills, plyometric training, and strength training to shred body fat, build lean muscle, and improve agility, speed and endurance.

Kettlebell and Balls – If you want to elevate your basic squats and arm curls, then this is the class for you!

Weighted balls are used for slams and core.

The kettlebell is a cast iron weight used to swing or lift during exercises – giving you a great workout in a short period of time. **Sign up is required for this class – www.fitli.com or visit our webpage <https://www.lsuhs.edu/administration/Wellness/>**

Check your email weekly for POP-UP classes that are not regularly on the schedule.

Please arrive on time for to warm up and cool down.