Group Axe fitness classes are free to attend and start promptly at the scheduled time. See back for class descriptions and follow @sfacampusrec.
Group Axes

SPRING 2019 • JAN 22 – MAY 3

CLASS DESCRIPTIONS

Body Boot Camp: A tough, total body workout that reaches all the major muscle groups and adds a little kick to keep you on your toes. Are you up to the challenge for this total body workout?

Booty Sculpt: Integrates a variety of exercises that specifically target the glutes. This 30 minute class will give you a serious lift.

Core Blast (30): Challenging exercises will target the lower and upper abdominals, obliques, back, and glutes.

Cycle: Pedal through hill climbs, sprints, and many other challenging drills and exercises. Cycling increases your strength, stamina, and flexibility.

Pilates: Guides you through body weight exercises to help increase range of motion, balance, and flexibility. This class will make you sweat to the beat and reach you some new moves. These are sure to get your heart pumping while the music is jumping.

Power Yoga: A vigorous, fitness-based approach to Vinyasa-style yoga. This class will leave you feeling strong and energized.

Vin Yin Yoga: Deeply target your muscle groups through a relaxing and refreshing meditative experience, integrated with a variety of postures. This class provides high, medium, and low intensity stretches and postures that are suitable for all levels.

Vin Yoga: Deeply target your muscle groups through a relaxing and refreshing meditative experience, integrated with a variety of postures. This class provides high, medium, and low intensity stretches and postures that are suitable for all levels.

Total Body Conditioning: With a combination of equipment and exercises to tone your arms, legs and core, this class provides a workout using high volume, low weight and intense cardio intervals.

Total Body Blast: A 45-minute fusion of Latin and international music featuring high energy dance training that tones and sculpts the body, this “feel good” workout leaves you energized and ready for more. A fusion of Latin and international music featuring high energy dance training that tones and sculpts the body, this “feel good” workout leaves you energized and ready for more.

Vinyasa Yoga: Experience a flowing, dynamic sequence of poses with one of the most popular styles of yoga, characterized by synchronized breathing with a variety of postures.

Yoga: Provides a great total body workout that leaves you feeling relaxed and stress-free while toning your body.

Zumba: A fusion of Latin and international music featuring high energy dance training that tones and sculpts the body, this “feel good” workout leaves you energized and ready for more.

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