# Group Fitness Schedule

August 27 - December 13

Classes are subject to change. Refer to recreation.duke.edu for schedule updates.

### Location Key
- **R**: Room 110 | Wilson Center
- **W**: Room 125 | Wilson Center
- **C**: Cycling Studio | Wilson Center
- **B**: Brodie Aquatics Center
- **A**: Multipurpose Studio | Brodie Center

Wristband required for entry Available 30 minutes prior to class at front desk

## Class Descriptions

### Yoga/Pilates
- **Aqua Blast**: A low-impact/high-energy interval workout in the pool. (Brodie Aquatics Center).
- **Barre Blast**: A series of bodyweight and strength exercises using small equipment and the barre with added short cardio intervals.
- **BollyX**: A Bollywood-inspired, high-intensity, cardio dance class set to upbeat music from around the world. (60 minutes)
- **Hatha Yoga**: A slower paced, western-influenced yoga emphasizing flexibility, balance, and breath.
- **Muscle Pump Xpress**: A pre-choreographed workout that combines dance fitness with the energy of urban dance.
- **Power Yoga**: A faster-paced, flow-styled class that synchronizes movement with breath to transition from one pose to the next.
- **U-Jam**: A pre-choreographed dance workout set to world and Latin beats.

### Cycling
- **Indoor Cycle**: A low-impact cardiovascular workout on a stationary bicycle designed to build endurance and strength.
- **Outdoor Cycle**: A non-contact martial arts styled workout involving punches, kicks, and boxing coordination.

### Other
- **HIIT**: High Intensity Interval Training using bodyweight and resistance equipment for maximum metabolic burn.
- **Kickboxing**: A low-impact cardiovascular workout that combines dance fitness with added short cardio intervals.
- **Muscle Pump**: A strength and endurance workout that uses a variety of small equipment.
- **Pilates Barre**: An endurance class using small equipment, barre, and Pilates mat exercises.
- **Pilates Burn**: A faster-paced Pilates class with additional barre-styled exercises for lower body strength and endurance.
- **Power Yoga**: A faster-paced, flow-styled class that synchronizes movement with breath to transition from one pose to the next.
- **Rhythm HIIT**: A pre-choreographed workout that combines dance fitness with the energy of urban dance.
- **U-Jam**: A pre-choreographed dance workout set to world and Latin beats.

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