MIND/BODY
MOBILITY FLEXIBILITY + FUN
A low-intensity, movement, and flow-based class to increase range of motion in joints and that helps to prevent pain and prepare it for motion. These exercise sequences improve the ability to move through both active and everyday positions with decreased risk of injury.

PILATES
A series of Pilates exercises focusing on the powerhouse (abdominals, hips, back, and buttocks) and barre exercises sculpting the lower body (hamstrings, calves, glutes, and quadriceps). Breath is coordinated with movements to strengthen and tone muscles, improve posture, promote flexibility, and unite the mind and body.

PILATES + BARRE
A hybrid of Pilates exercises focusing on the powerhouse (abdominals, hips, back, and buttocks) and barre exercises sculpting the lower body (hamstrings, calves, glutes, and quadriceps). Participants will either start on the mat or the barre, and rotate halfway through to make sure they participate in both circuits. Class limited to 36.

RESTORATIVE YOGA
Melt away your stress with movement. This class provides a blend of traditional yoga movement and relaxation techniques.

SUNRISE YOGA
A traditional Yoga class based with the addition of and energizing series to awaken the mind and body and start the day the right way.

VINYASA POWER YOGA
A moderately-paced class focused on building strength, increasing flexibility, and finding a steady focus while practicing in a Vinyasa, or flow style, meaning that breath is connected to each movement.

YOGA
A relaxing, yet challenging class designed to improve posture, flexibility, and endurance. KU Fit yoga is based on principles of fitness yoga, providing various options for all levels of yogis.

CARDIO
DANCE FITNESS
This dance class plays all of the latest hits while learning some great moves. Once you’ve got these dances down, you will feel like you’re a part of a music group.

POUND™
A full-body, cardio rock-out workout, combining light resistance with constant simulated drumming. Each session incorporates cardio, Pilates, plyometrics, and isometric poses into a quick interval workout to help you strengthen and sculpt.

ZUMBA™
You’ve heard the buzz... Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, international, and pop music, paired with hot dance movements for lots of fun and fitness.

STRENGTH
BODY PUMP™
The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Class limited to 39.

STRENGTH CIRCULATIOnS
3 by 3 by 3—exercises, reps, and rounds. The rotation through different weight-based exercises is sure to challenge the muscles, yet the repetition of rounds gives the muscles a second...and third...chance before moving to the next circuit.

STRENGTH + CARDIO
BOX MASTER
We combine 1-2 minutes of punch combos and 1-2 minutes of active recovery and/or strength and polyrhythmic training, then repeat for 10-14 rounds! Gloves and hand wraps are required but provided. It is recommended to bring your own. Hand wraps may be purchased in the Administrative Office (Room #103). Class limited to 12.

CYCLE
The classic ride: 60 minutes on the bike paired with your favorite tunes to fuel your ride. Class limited to 15.

HIIT
HIIT classes are intense so come ready to sweat! The primary focus is a short, intense burst of exercise. HIIT combines many modes of training to confuse the muscles and help you break through plateaus.

TOTAL BODY + TRX
This class features special guest: TRX Suspension Training. Total Body + TRX is all about changing it up whether that’s focusing on strength, cardio, intervals, or plyometrics; it is sure to challenge you. Classes involve a variety of equipment including your own body weight, so you’ll be sure to work it all!

+ CORE
A 15-minute addition to your favorite classes targeting the centre of the body. Build foundational strength and stability in the abs, lower back, and glutes.

XPRESS - A shortened version of class to fit into your busy day (45 Minutes)