**Fall 2024 Schedule**

**Reservations Required**

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**FitScripps Group Fitness Class Descriptions**

Abs & Glutes (Low to High Impact)

Strengthen your core, which is important for many exercises in a fun environment.

Bikes (Day and Academic Year Loans) (Low Impact)

Like to work out in the great outdoors? The field house owns around 80 bikes as a part of our Green Bike Program. Day bikes can be checked out at the field house for 24-hour rentals. Academic year bikes will be raffled to students. Watch for our emails!

Cardio Conditioning (High Impact)

A higher-intensityclass to get your heart pumping. This class combines strength training to build muscle and body weight based functional movements.

Circuit Training (High Impact)

Circuit training involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

Group Cycling (Low to High Impact)

Build your cardiovascular fitness and muscle endurance in this fun-filled class!

Equipment Orientation (Low to High Impact)

Want to learn how to use the cardio or strength equipment? We’ll give you some pointers on proper use of the equipment.

FitWalk (Low Impact)

Need a break? Get your steps in while exploring the Scripps campus with a group of fellow community members. Meet in front of TFH and choose your adventure for your walk!

HITT (High Impact)

High intensity training program typically performed with all-out effort with good form to improve your cardio-respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.

Kickboxing (High Impact)

A combination of intense kickboxing moves as well as dance moves all choreographed to high energy and motivating music. It’s the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength, endurance training, and a relaxing cool-down.

Meditation (Low Impact)

Mediation challenges the mind, body, and spirit. Practice standing postures and moving meditation. Suitable for individuals with a beginning or continuing practice.

Pilates (Low Impact)

Pilates is a great low impact exercise that can help with muscle conditioning. This method of exercise consists of low-impact flexibility, muscular strength, and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Roll n’ Recovery (Low Imapct)

A full self-massage class that helps soothe tight, sore areas (known as “trigger points”) to help speed up the recovery process and relieve tension.

Yoga

Flow (also called Vinyasa): classes are focused on continuous movement matched with the breath. Built on the structure of the Sun Salutation, the flow class builds heat in the body and opening occurs due to the repetition of postures with flowing sequence.

Zumba

Fuse fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Classes are fitness parties that blend upbeat world rhythms with easy-to follow choreography, for a total body workout with a combination of fast and slow rhythms. Dance steps derived from cumbia, merengue, salsa, hip hop, mambo, rumba, flamenco, cha-cha-cha, and reggaeton

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**Scan the QR Code to Make a Reservation**