**Jerabeck Activity and Athletic Center**
**University of St. Thomas**
**Fitness Class Descriptions**

## Yoga

Yoga is a class that involves mind-body connection that helps to develop focus, balance, strength and flexibility. With each pose, the body grows stronger and more toned to function better on a daily basis. This class is designed to provide instructions on yoga methods, breathing and stretching.

## Zumba®

Are you ready to party yourself into shape? Zumba® has evolved from a Latin inspired aerobic dance class into a way of life for millions. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. This work-out is a non-stop cardio dance party that is sure to burn some serious calories.

## Argentine Tango

Argentine Tango is a social dance and a musical genre that originated in Argentina and moved on to Uruguay and to the rest of the world later on. Tango is essentially walking with a partner and the music. Musicality, dancing appropriately to the emotion and speed of tango, is an extremely important element of dancing tango. You will learn how to "see and feel the music" in this class.

## Hydro-Fit

If you are looking to challenge yourself without stress on your joints, this is the class for you. You will gain muscle conditioning and cardiovascular endurance from the aerobic choreography and the resistance of the water.

## Pilates Barre

This dance-based workout focuses primarily on core and leg strength, but includes exercises for your entire body. Set to energizing music, this class utilizes the ballet barre to perform small, isometric movements that target specific areas such as abs, hips, seats, and arms. Each strength segment is followed by a stretching segment to create long, lean muscle without bulk. Both dancers and non dancers alike are sure to be challenged as they use both the barre and the mat to launch a full blown attack on the muscle groups mentioned above. Be prepared to work, sweat, laugh, and add a lot of fun to your normal workout routine. All levels are welcome, no rhythm required.