

Columbia University Voluntary Physical Education Program

CLASS DESCRIPTIONS

AEROBICS **

Cardiovascular workout including warmup, aerobics section, abs, and stretch. All levels.

AEROBICS/SCULPT and STEP/SCULPT **

75-minute workout that combines both cardiovascular training and body sculpting. Longer class is more advanced.

CARDIO/SCULPT **

A 45 minute workout combining a short cardio section (aerobics or step) with body sculpting and stretch. All levels.

CARDIO MIX **

A complete cardiovascular workout combining any variety of aerobics, step, kickboxing and drills. Includes abs and stretch. All levels.

CARDIO KICK-BOX **

A non-contact, high intensity cardiovascular workout using boxing, kicking, and jump-rope moves. Includes abs and stretch. No equipment necessary.

CAPOEIRA FITNESS **

A high energy, non-contact cardiovascular workout that combines the art of dance and the power of martial arts. Class is taught to Afro-Brazilian music and includes technique, stretch and strength moves. All levels.

CIRCUIT EXPRESS **

A group workout to improve both cardiovascular endurance and muscular strength. Travel through multiple cardio and strength stations for a total body workout. All levels.

*** We have a 7-minute rule for cardiovascular classes.*

*** Please arrive within 7 minutes of your class starting time.*

BALLET (Beg. & Int.)

Classical ballet training including barre, adagio, jumps and turns. Intermediate class requires at least one year of dance training.

HIP HOP DANCE

A light workout to learn choreographed Hip Hop routines to the latest Hip Hop music. Intermediate class requires at least one year of dance training.

BODY SCULPT

Non-aerobic workout to strengthen and firm the whole body using weights, dynabands and body bars. All levels.

CORE SCULPT

A combination class that includes light sculpting exercises with Pilates-style mat work to strengthen and lengthen the whole body. All levels.

PILATES

The classic Pilates mat repertoire of exercises to strengthen and lengthen the "core" (abs, back, hips). Emphasis on proper breathing and alignment. All levels.

AEROBICS INSTRUCTOR TRAINING

A movement course designed for the advanced aerobics student to learn to become an instructor. Class content, cueing techniques, choreography and musical training included for aerobics and step. For further information call 212-854-6963 or email LM219@columbia.edu.

Valid CUID or Dodge Fitness Center membership ID required.

You must be registered in a class in order to participate.

**For more information, call or visit the Physical Education Department
336 Dodge Fitness Center 854-3439**

www.gocolumbiaions.com

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CLASS DESCRIPTIONS

BOXING CONDITIONING

Learn fundamentals of boxing while enjoying a great strengthening and cardiovascular conditioning workout in a non-contact environment.

PHYSICAL CONDITIONING

Unique combination of yogic stretches, calisthenics and aerobics. Includes 20 minutes of cardiovascular training. Purchase of special footwear required (\$15 additional).

TENNIS

Beginner level: Introduction to the game of tennis. Learn the rules, basic strokes, serve and volley. Develop consistence and control using proper stroke mechanics. Intermediate level: Review and practice basic strokes. Learn how to put spin and pace on the ball. Lob and drop shots will be introduced. Match play opportunities.

SQUASH

Learn rules, basic strokes, service, volley, strategy and safety. Paired according to skill level. Intermediate level requires one year of experience. Bring your own racquet and ball.

LAP SWIM

Swim for fitness. Grouped in lanes based on swimming technique. Must be able to swim several laps continuously. An aquatics staff member will be available for training techniques or stroke analysis.

KAYAKING

Learn the basics of paddling: equipment, stroke technique, river maneuvers, water safety, rescue procedures and the "Eskimo Roll". After 6 lecture/pool sessions, there will be an outdoor beginner trip to a local river.

SCUBA

Six week course in scuba diving including classroom and pool work. Some equipment is provided. Must be able to swim 200 yards and float for 10 minutes. Additional dive experiences available for complete certification.

HATHA YOGA/HATHA YOGA-INT.

Balance body, mind and spirit through yoga postures (asanas), sound vibrations and classic breathing techniques. Intermediate level requires one year of Hatha Yoga experience. Emphasis on more advanced poses and meditation.

IYENGAR YOGA/IYENGAR YOGA-INT.

Hatha yoga taught with the Iyengar teaching method. Focus on alignment and precision in the yoga poses with the use of props. Intermediate level requires one year of Iyengar Yoga experience. Additional poses will include headstand, shoulderstand, handstand and backbends.

VINYASA YOGA

Vinyasa, also called power or flow yoga, is a vigorous style based on a series of poses performed in rapid flow. Attention is given to connecting each movement to the breath.

TAI CHI CHUAN

An ancient Chinese form of mind/body exercise that seeks to invigorate the body and increase energy flow. Wear loose, comfortable clothing.

SHAOLIN KUNG FU

This course will encompass all aspects of Shaolin ("Young Forest") Kung Fu: meditation, Chin Na, Shuai Jiao, Kata, Kumite, animal styles, and many more. Improve your strength and flexibility while enhancing everyday life with balance of mind, body, and spirit.

PERSONAL TRAINING

Qualified personal trainers help you achieve your fitness goals by creating a safe and effective workout plan.

