**Advanced Swimming:** For advanced swimmers only, you must be proficient at swimming in the deep end and have a basic knowledge of the other 3 strokes. Students will learn proper stroke technique focusing on proper breathing kicking and pulling drills, and lap workouts to improve overall advanced swimming performance. The goal of this course is to develop stroke technique and build up endurance in the water. By the end, individuals should be able to swim 500 meters without stopping. The approach will be: freestyle technique, learning the other strokes (backstroke, breaststroke, and butterfly), and learning the “flip-turn.”

**Advanced Vinyasa Yoga:** “Vinyasa” means to integrate movement with the breath. Poses and sequences are practice with alignment in mind offering practitioners the opportunity to gain confidence, strength, and flexibility. This class has been designed for advanced yoga practitioners.

**Barre:** A ballet-inspired workout, using the principles of classical dance to tone and sculpt your entire body! This class will emphasize the importance of form and body alignment while performing low-weight, high repetition exercises. No prior ballet experience is necessary.

**Beginner Studio Cycling:** For the new cyclist, this modified class eases you onto a stationary bike in a studio and prepares you for studio cycling classes.

**Beginner Swimming:** Designed for those who need to develop an understanding of basic aquatic principles. The goal of this course is to overcome barriers and become more comfortable in the water, as well as to work towards intermediate level skills. By the end, individuals should be able to swim freestyle without stopping to touch the bottom, and tread water for 1-2 minutes in the deep end. The sequential approach to this course will be: floating and proper breathing mechanics, body orientation in the water, treading water, learning the “streamline” form, learning freestyle: Kicking, Rotation and Breathing.

**Body Sculpt:** Body Sculpt combines strength and cardio exercises to condition and tone the muscles of the body. Steps with risers, barbells, dumbbells, jump ropes, yoga balls, mats, and resistance bands are all used to sculpt the physique you are working toward.

**Body Sculpt Endurance:** Combines strength and cardio exercise using choreographed routines that will keep your heart rate elevated throughout the entire class. Students will improve overall cardiovascular endurance as well as build muscle using various types of weights as well as body weight exercises.

**Bollywood Fusion:** A high-energy, refreshing cardio workout that combines dance and exercise. Students will experience the rich and lively culture of classical Indian dances including the rhythmic movements of Bhangra, belly dancing, hip hop, and jazz. Bollywood fusion focuses on improving muscle tone, cardiovascular endurance, balance, and flexibility. No previous dance experience is necessary. Get ready to shimmy and shake your way to a more fit you!

**Boot Camp:** Want to get toned? Want to burn calories? This military-inspired circuit-training class utilizes your own bodyweight and the bare minimum of equipment, jumping jacks, jogging, pushups, squats and lunges will increase your fitness level, melt away fat and burn calories.

**Brazillian Jiu Jitsu:** Brazilian Jiu Jitsu is an art that utilizes natural body leverage and technique to obtain a dominate position to strike, submit, or flee a situation. This class will be teaching the self-defense side of Jiu Jitsu, and learning how to survive dangerous situations.

**Cardio Kickboxing:** This non-contact workout will get your heart pumping by using self-defense based moves such as punches, blocks, and of course, kicks! You’ll get a total body toning workout as the moves focus on your core, arms and legs. Bring a water bottle and a towel, and come prepared to sweat!

**Studio Cycling:** Join us for sprints, standing and seated climbs, and jumps for an exciting cardiovascular workout! Work at your own intensity level (light to extreme cycling). Cycling is for everyone: no experience is necessary but we do offer a beginner studio cycling class to ease you in!

**Hip-Hop Aerobics:** Come enjoy a combination of hip hop dance and fitness moves for an intense hour of fun and exercise. The music will be upbeat hip-hop, rap, and reggae and will consist of many songs you may have on your iPods or hear on the radio. You might even learn some dance moves you can use at your next party!

**Insanity®:** This class will push you past your limits to get the leanest, hardest body you’ve ever had. Workouts are packed with plyometric drills and relentless intervals of strength, power and resistance moves as well as abdominal and core training techniques to help sculpt and tone the ultimate physique.
Intermediate Yoga: This Yoga class focuses on the proper techniques for poses, breathing, flow and form. This class is geared towards those who have not taken a Yoga class before, and are looking to get a solid foundation in the art of Yoga, based on the classic forms brought over from India.

Intro to Rock Climbing: Basics of climbing activities in top-rope and bouldering settings will be taught in this exciting class. *An extra fee of $16 will be added for those needing to rent climbing equipment for the class. The equipment rental fee can be pro-rated if you have your own equipment (shoes or harness/ATC). Payment can be made at the time of registration.

Pilates: An all over body workout that improves flexibility, posture, stamina and strength. All movement taught to originate from the abdominals and back. Emphasis on spinal alignment and breathing in order to improve the mind-body connection and help with balance and coordination. Pilates is incredibly versatile, offering many variations for every fitness level.

PITT HIIT: This class consists of several rounds of intense cardiovascular training followed by rest, to improve cardiovascular endurance. Students will be challenged to work at their peak heart rates to ensure the greatest fitness results in the shortest period of time. If you’re looking to improve your overall agility, cardio endurance, and/or strength then this hands-on, dynamic class is for you!

PITT PUMP: Combines strength and cardio exercise using choreographed routines that will keep your heart rate elevated throughout the entire class. Steps with risers, barbells, dumbbells, jump ropes, yoga balls, mats, and cords are all used to sculpt the physique you are working toward. Students will improve overall cardiovascular endurance as well as build muscle using various types of weights as well as body weight exercises.

P90X: Intense workouts that use resistance and bodyweight training, cardio, plyometrics, ab work, martial arts and yoga!

Total Body Fusion: This class is for anyone looking to increase cardiovascular fitness, firm and tone muscles, and de-stress — all while listening to today’s hit music to keep you motivated. This class incorporates step aerobics, hi-low exercises, kickboxing, circuits, free weights, bodyweight exercises, stability balls, Pilates, and core work. If you like a little bit of everything, this is definitely the class for you!

Turbo Kick®: Maximize your workout with ab-sculpting moves and fat-burning cardio using some of the most popular music out there. This class is filled with shadow boxing, karate, sports drills, hip-hop and funk.

- Classes cost $40 per course (Panther Funds only).
- Register at Pitt Rec’s Baierl Wellness Center.
- Mats can be purchased at the time of registration for $12.
- For more information, please contact Wellness Coordinator, Kayla Rothbart at 412-648-8104 or via email at KaylaRothbart@pitt.edu.

Ultimate Abs: Work core and other major muscle groups for a total body workout. Recommended for anyone who wants to strengthen and tone the mid-section. Participants do a combination of cardio, weights, plyometric drills, and intervals that focus on strength, power, and total core transformation. Modifications are offered for a less intense workout.

Vinyasa Yoga: “Vinyasa” means to integrate movement with the breath. This invigorating practice includes sun salutations, standing poses, backbends, forward bends, twists, and inversions. Poses and sequences are practiced with alignment in mind offering practitioners the opportunity to gain confidence, strength, and flexibility. This class is for all levels of yoga practitioners.

Zumba®: Are you ready to party yourself into shape? That’s exactly what the Zumba program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party that’s helped thousands of people towards their health goals. Whether you’ve got rhythm or are looking to find some, Zumba caters to every fitness level.

Zumba® in the Circuit: Perfect for Zumba fans who want to add circuit training. The high-octane, Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout. Boost metabolism and get strong in one fun and effective workout. When it comes to body sculpting, Zumba Toning raises the bar Learn how to use lightweights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

Zumba Toning®: Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweights enhance the sense of rhythm and coordination, while toning target zones, including arms, core and lower body.