



**REC +  
WELLNESS**

# Spring 2025 Fitness & Wellness Program Descriptions



[csun.edu/src/classes](https://csun.edu/src/classes)

Registration is simple and can be done through the **USU Rec & Wellness Portal** or at the **SRC Total Training Zone desk** as early as 5 days in advance. Scan the QR code to learn more and to see the latest available classes!

Contact us with questions at [src.mindbody@csun.edu](mailto:src.mindbody@csun.edu)

## Abs & Glutes Yoga

**Abs & Glutes Yoga** is an energizing, medium-fast-paced class designed to strengthen your core and glutes. Combining targeted abdominal and glute-focused asanas with mindful yogic breathing, this class builds stability, endurance and muscle definition. Get ready to flow, strengthen and feel the burn!

## Afro-Caribbean (AC) Heat

**Afro-Caribbean (AC) Heat** is a high-energy workout that blends smooth, rhythmic, yet powerful moves inspired by Afro-Caribbean dance. Feel the rhythm, let loose, and sweat it out to the vibrant sounds of the islands. All dance and fitness levels are welcome — just bring your energy and get ready to move!

## Barre Fit

**Barre Fit** is a total-body conditioning class that uses precise, controlled movements at the ballet barre to deliver a leg-shaking, muscle-sculpting workout. Designed to improve balance, strength and flexibility, this class also helps enhance posture and core stability. Come challenge yourself and feel the burn with Barre Fit!

## Belly Dancing Basics

**Belly Dance Basics** is a fun and engaging cardio dance class that explores rhythms from world and fusion music. You'll learn fundamental movements like chest isolations, hip circles, hip drops, figure eights, undulations and shimmies — all in a supportive and upbeat environment. No dance experience is required. Bare feet, soft-soled ballet shoes or jazz shoes are recommended but not required. Come move, groove and express yourself!

## Box & Flex

**Box & Flex** is a fusion-style class that combines punching drills and strength training in high-intensity intervals. You'll push your limits with quick, powerful bursts of exercise followed by short recovery periods. Boxing gloves will be provided, but hand wraps are required and can be purchased at the SRC front desk.

## Functional Circuit Training

**Functional Training Circuit (FTC)** puts the "fun" in functional training! This small-group class keeps things fresh and exciting with a variety of equipment, including TRX® suspension trainers, kettlebells, ViPR logs, battle ropes and more. Using your body weight and these tools, you'll build strength and efficiency in everyday movements like hinging, lifting, pushing and pulling — helping you move better and stay injury-free. Come experience FTC for an energizing workout that challenges you while keeping it fun! All equipment is provided.

## Gentle Yoga

**Gentle Yoga** is designed to rejuvenate and heal the body in a supportive and comfortable environment. Using yoga props such as blocks, straps and bolsters, you'll ease into each position with comfort and care. This slower-paced class focuses on stretching all areas of the body while relieving stress and tension from joints and muscles. All equipment is provided.

## Matador Bootcamp

**Matador Bootcamp** is a total-body interval training workout that combines cardio conditioning with resistance training. This moderate-to-high-intensity class challenges you both mentally and

physically while offering modifications for all fitness levels. Get ready to push your limits and build strength! All equipment is provided.

## Matador Cycle

**Matador Cycle** takes your ride indoors for a fun and effective cardio workout in the Inspiration Studio. Designed for all fitness levels, this class uses specially designed stationary bikes with weighted flywheels to simulate outdoor cycling. Led by certified indoor cycling instructors, each ride focuses on endurance, strength, intervals, high intensity (race days) and recovery. Get ready to sweat, push your limits and enjoy the ride! All equipment is provided.

## Mindful Mat Pilates

**Mindful Mat Pilates** blends traditional mat Pilates with yoga, emphasizing body awareness and breath control. This full-body workout is designed to enhance flexibility, core strength and endurance while improving balance, coordination and posture. Move with intention and build strength from within!

## MSINGI: Elemental Movement

**MSINGI** is a dynamic fusion of African-inspired functional, primal and mobility movements set to energizing Afrobeats. Rooted in foundational movement patterns, this class allows for modifications and intensifications, embracing the elements of earth, wind, and fire. Designed for total wellness, MSINGI welcomes movers of all ages and fitness levels — no prior experience is needed. Come move, groove, and connect!



Hand wraps are required to participate

## Pilates Core Fusion

**Pilates Core Fusion** blends mat Pilates with flexibility training for a well-rounded workout. This class focuses on core strength, muscular lengthening and balance-enhancing exercises to improve flexibility and stability. Center yourself in a mindful, full-body experience. All equipment is provided.

## Restorative Yoga

**Restorative Yoga** offers a healing practice for both the body and mind, focusing on deep relaxation and rejuvenation. Using supportive props such as bolsters, blocks and straps, you'll ease into gentle postures that promote rest and balance. This calming class helps release tension while stimulating relaxation, making it perfect for all levels. All equipment is provided.

## Spin® & Flex

**Spin® & Flex** is a full-body workout that combines high-energy cycling with off-the-bike strength training. This dynamic interval-style class ensures you maximize every minute, delivering both cardio and muscle-building benefits in one session. Cycling shoes are not recommended.

## Spin®, Flex & Stretch

**Spin®, Flex & Stretch** is a perfectly balanced workout that integrates the three pillars of fitness: cardio, strength and flexibility. This class is structured into three 20-minute sections, ensuring you get the most out of each phase. Start with heart-pumping cardio drills on an indoor cycling bike, move into an off-the-bike resistance training circuit and finish with a stretch routine to reset your body and mind. Get ready for a well-rounded, energizing workout!

## TRX® Circuit Training

**TRX® Circuit Training** takes suspension training to the next level! This circuit-style class keeps you moving with a fast-paced flow from one exercise to the next, delivering a challenging full-body workout designed to build strength and endurance. Perfect for all fitness levels, this class offers a dynamic and engaging way to stay active and strong. Spots are limited, so don't wait to sign up! All equipment is provided.

## TRX® Yoga

**TRX® Yoga** blends fundamental yoga-based movements with TRX® Suspension Training to enhance strength, stability and flexibility. Guided by a certified instructor, you'll gradually progress in difficulty while learning the proper setup and execution of each exercise. This class provides a controlled and safe environment to explore a unique fusion of yoga and suspension training. All equipment is provided.

## TREAD & Flex

**TREAD & Flex** is the ultimate full-body workout, combining cardio intervals on the treadmill with strength training exercises off the treadmill. Perfect for walkers, joggers, runners and everyone in between, this class delivers a balanced mix of endurance and strength to help you maximize your workout. Get ready to sweat, build strength and have fun!

## Vinyasa Flow

**Vinyasa Flow** is a dynamic yoga practice that synchronizes breath with movement, creating a seamless flow from one posture to the next. Through invigorating sun salutations, you'll build internal heat to help detoxify the body. Be prepared to sweat, move and have fun! This class is welcoming and suitable for all fitness and experience levels. All equipment is provided.

## WERQ™

**WERQ™** is a high-energy cardio dance class set to the hottest pop and hip-hop music. With easy-to-follow, repetitive moves and fresh choreography, you'll dance your way to an intense, feel-good workout. Get ready to sweat, move and have fun!

## Yoga, Core & More

**Yoga, Core & More** blends traditional sun salutations with challenging poses designed to activate and strengthen your core. This dynamic class incorporates various equipment, including kettlebells, glide discs, Step360 and more, for an extra layer of intensity. Closed-toe shoes are recommended. All equipment is provided — come ready to elevate your practice!

STUDENT RECREATION CENTER

CSUN.

