

Recreation & Wellness

Fitness & Wellness

Ab Attack: If you're looking for a quick and challenging workout to test your core strength this is the class for you. Instructors will guide you through an abdominal strength and conditioning class using a variety of methods and tools to challenge all fitness levels.

Aquasize: A great low impact workout, providing cardio conditioning, muscular strength and endurance through joint-friendly water resistance.

Aqua Zumba®: This is a safe, effective and challenging water based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

Barre: Utilizing body weight, hand weights, bands, mats and other equipment, instructors will incorporate techniques from Yoga, Pilates, and traditional ballet to provide you with a fun and challenging workout.

NEW! Core de Force: An empowering, core-focused workout, inspired by the highest-octane sport in the world-mixed martial arts. This workout combines authentic Boxing, Kickboxing and Muay Thai moves, explosive power moves, and interval training that all engage your core, so you get in killer shape, incredibly fast!

CrossFit: Constantly varied, high intensity, functional movement workouts that are scaled to anybody, age and level of fitness. Everyone is welcome.

CrossFit on Ramp: This class will review foundational movements of CrossFit plus other movements frequently used during WOD's.

NEW! F.A.S.T.: Join us for a high-intensity, full-body fitness class focused on four key concepts to optimize training and results....Flexibility, Agility, Strength and Time!

Flow Yoga: This class follows a Vinyasa format, synchronizing breath with movement. While each teacher brings a unique style to the mat, there is a heightened focus on linking conscious breath with mindful fluid movement to awaken physical and mental strength, energy and flexibility.

Hip Hop Dance: Whether you're looking to pick up a few moves, get some exercise, meet new people or just have a lot of fun, we've got it all in this class! Each class incorporates freestyling, stretching, conditioning and hot choreography guaranteed to get your heart pounding!

Hoop Dance: Learn the basics of on and off the body hula hooping techniques. This activity keeps you moving and your heart pumping for a full cardiovascular workout. This is a low impact, high fun class full of laughter and lots of dancing. Wear comfortable clothes that you can move and groove in. All levels are welcome!

Holistic Yoga: Center your mind and care for your body in this well rounded practice. Each class sequence will be unique to add spice and variety to one's routine movements. This class focuses on breathing and relaxation techniques as well as cultivating body awareness by learning safe alignment and movement techniques. This is a multilevel class and is open to beginners as well as experienced practitioners.

Insanity: This 60-minute Beachbody workout will turn your old-school interval training on its head! It's called Max Interval Training because the workout will keep your body working at maximum capacity throughout your entire workout. Plan on giving it all you've got for 3-5 minute intervals with breaks just long enough to catch your breath and get back to it!

Interval Ride: Our high intensity indoor cycling class builds cardiovascular strength and endurance by varying speed, resistance and intensity.

NEW! Lyrical Dance: Come learn some new moves with a fun dance style that blends elements of ballet, jazz, acrobatics, modern and hip-hop all together. Dance moves are performed to music with lyrics to help inspire expression of strong emotion and feeling.

MixedFit®: MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and bootcamp toning. Everything about our dance fitness program can be described as explosive- all of our movements are always big, exaggerated, full-out and our very best.

Monarch Madness: This is a challenging, dynamic and exciting way to boost your fitness whether you are a beginner or in need of breaking a plateau. This 60-minute class will rattle your strength, endurance and flexibility providing you an awesome workout for your day!

Pilates: This is a core conditioning class aiming to increase flexibility, improve posture and balance by strengthening the abdominal and low back area. **Classical Pilates** follows a more traditional style of Mat Pilates.

PiYo: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning low-impact workout that leaves your body looking long, lean and incredibly defined

Power Hour: Blast all your muscles with this high-rep weight training workout for all fitness levels. Using an adjustable barbell, weight plates and body weight you will surely increase your overall strength and endurance!

P90X Live: This total body cardio and strength class uses body weight and minimal equipment. Includes cardio, lower body, upper body and core exercises. This class is suitable for all levels.

Ride & Shine: This 45-minute class will get your engines started better than a cup of coffee. We'll climb, sprint and push our way through the rides feeling energized and ready to take on the day!

Rhythm Ride: An incredible indoor cycling ride that pushes you at your own pace. Our instructors drive the energy with music, drills and motivational coaching.

Sunrise Yoga: Set the tone for your entire day with powerful mindfulness practices. This class will incorporate breathing and meditation techniques and invigorating flows that will leave you feeling energized. The sequences in this class focus on building strength, endurance, balance and flexibility. This multilevel class is open to beginners as well as experienced practitioners.

Tabata Flexibility & Conditioning: This fusion class combines traditional circuit training exercises with yin yoga style stretching intervals. Your strength and flexibility will be challenged in this fun fusion format!

Tabata Ride: Enjoy a 30-minute ride of high-intensity interval training! There will be four rounds of Tabata with 20 seconds of work, 10 seconds of rest for four minutes. You will combine strength and speed with climbing and sprinting in this powerful ride.

Total Body Stretch: Join us for an hour of stretch and relaxation. After an hour of stretching and relaxation techniques you will leave this class rejuvenated!

Total Body Tone: For ODU Faculty and Staff only. Join us for a class that will build strength in your entire body. We'll use circuits as well as group formats to encourage you to go a little further and feel stronger with each class. All equipment is fair game in this class-steps, bars, dumbbells and Bosu's to name a few! All fitness levels welcome.

TurboKick: Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes!

NEW! TRL Ride: Total Request Live Ride is all about the participants choosing the music they want to ride to! Participants are able to submit their song requests in advance starting the Monday before the class up until 5 minutes before class starts. Requests can be made via sign-up sheet in the cycle class studio or by emailing Tamara Morgan at tmorgan@odu.edu.

20/20/20: Three workouts in one! This class is designed to give you the ultimate workout with 20 minutes of cardio, 20 minutes of strength and 20 minutes of stretching and core work to hit all major aspects of a good workout.

NEW! Yoga Nidra: Lovingly called Advanced Nap. Join us for a short restorative flow, followed by a focus on meditation. The class is great for overworked athletes, stressed out students/staff or anyone interested in deep relaxation.

Zumba®: This is a 45-60 minute class of Latin-inspired red-hot music and dance that will get the party started!

