Aqua Aerobics: Make a splash with your fitness routine by participating in our invigorating, low impact aquatic exercise class. This workout incorporates cardio conditioning, body toning, and most of all a lot of fun!

Barre: Utilizing your 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.

CIZE™: A revolutionary dance workout! Created by Shaun T (the creator of Insanity®) and a team of professional choreographers, CIZE™ will have your bustin' out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout!

Classical Pilates: Incorporating the fundamentals of Pilates, this class follows the classical Beginner/Intermediate mat order, and is appropriate for all students. Although Pilates equipment is not utilized during mat classes, small exercise props such as Magic Circles, weights, bands, and balls are often utilized to engage specific muscle groups and assist with body position.

Cycle: This 60 minute class offers a high-intensity indoor cycling workout set to exhilarating beats. Each instructor will share their own unique blend of motivation, inspiration and perspiration to help you reach the goals you are looking to achieve. This class is open to all levels and instructors provide challenges and modifications with every ride.

Cycle Express: This abbreviated 45 minute cycle class has been revamped to offer you a high intensity cardio workout in less time but still set to the exhilarating beats you love. Wheel into your weekend with an intense 45 minute workout filled with a mixed bag of strenuous cycle drills! This class is geared towards the seasoned indoor cycling participant.

CrossFit: Constantly varied, high intensity, functional movement workouts that are scaled to anybody, age, and level of fitness. All CrossFit classes are located in the Monarch Training Zone, on the main fitness floor.

CrossFit on Ramp: This class will review foundational movements of CrossFit plus other movements frequently used during the workout of the day (WOD). All CrossFit classes are located in the Monarch Training Zone, on the main fitness floor.

Faculty/Staff (F/S) Fitness Classes: These class formats are reserved for ODU Faculty and Staff only. You must provide your Faculty/Staff ID when you sign in.

F/S Core Yoga: A yoga practice which connects the mind and body through postures that will develop strength, flexibility and balance. Increase your flexibility by warming the muscles through movement. Detox and increase your cardiovascular health with this amazing class!

F/S Total Body Tone: This 45-minute class will build cardio, strength, endurance, and flexibility throughout 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 Bosus to name a few! All fitness levels welcome.

Foam and Flex: Foam rolling is an incredible restorative way to keep your body in good condition and reduce your chance of getting injuries in the future by preventing and treating tightness due to everyday activity. (Old Name- They See Me Rollin')
HITT 45: This 45-minute high intensity interval training class utilizes calisthenics, bodyweight resistance exercises, and light to moderate weight exercises to kick that heart rate into overdrive and burn calories long after the workout is done!

Insanity Live!™: A cardio-based, total-body conditioning program. It is a body weight driven high intensity interval training (HIIT) class that will have you burning a maximum amount of calories while having tons of fun!

Kickboxing and HIT: This 30 minute fast paced class is designed to challenge your cardio endurance. Kickboxing combos meet 8 rounds of 20 seconds of intense cardio work and 10 seconds of rest, providing a high-intensity full body workout.

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 with an awesome workout for your day!

PERSIAN AEROBICS: This dance class is set to cultural music and guaranteed to make you sweat while you have the best time!

PiYo Live: This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed and deliver a true fat-burning, low-impact workout that strengthens and sculpts the body, and enhances flexibility.

Pilates: This is a core conditioning class aiming to increase flexibility, improve posture, and balance by strengthening the abdominal and lower back area.

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 increase your overall strength and endurance!

STEP & SCULPT: A fusion of two classic aerobic routines, this class combines step choreography and a variety of strength training equipment to give you the best of both worlds when it comes to boosting your heart rate and working your muscles.

Tabata Bootcamp: During this 45-minute workout, you will experience short burst of high-intensity, interval-training that target the major muscles groups of the upper and lower body, as well as the core. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises, each class brings its own unique workout!

They See Me Rollin’: Foam rolling is an incredible restorative way to keep your body in good condition and reduce your chance of getting injuries in the future by preventing and treating tightness due to everyday activity. (New Name- Foam and Flex)

Total Body Stretch: Our stretch and relaxation class uses a combination of gentle yoga based stretching, relaxation techniques and breathing practice to promote a sense of health and wellbeing. You will leave this class feeling completely rejuvenated!

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, 20 minutes of stretching and core work to hit all major aspects of a complete workout.
**TurboKick:** Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes!

**Yoga:** This full body workout consists of conscious breath, posture and relaxation techniques to enhance mental awareness, muscular strength and flexibility.

**MixxedFit©:** A people-inspired dance fitness format that incorporates intense dance moves and easy to follow choreography as well as always having the freshest music!

**Zumba®:** Dance your way to cardiovascular fitness with this 45-60 minute class of Latin-inspired red hot music and moves.