Group Exercise Sessions are included in your Student Activity Fee—all you need is your student ID!

**STRENGTH**
Want to focus on improving muscular strength and total body toning? Sessions do not include cardio exercises but will aim to keep your heart rate elevated throughout the entire session, for a lower impact yet effective strength workout.

**FLEXIBILITY & STRENGTH**
Reduce stress, improve overall flexibility while increasing energy levels and building strength in these sessions! Need a little strength and stretch in your life? These sessions are the perfect place to start.

**STRENGTH & CARDIO**
The best of both worlds! Get more from your workout by combining strength and cardio in the same session. Maximize your benefits and your time by combining heart-rate-raising movements with muscle-strengthening exercises.

**CARDIO**
These sessions are solely cardio based. Designed with a moderate intensity level in mind, all fitness and ability levels are invited and welcome to attend! The level of intensity is always what you make it!

**YOGA**
The practice of yoga makes the body strong and flexible. Yoga brings about emotional stability and clarity of mind. Work towards reaching your goals while energizing your attitude and relieving stress in a variety of formats.

**DANCE FITNESS**
Enjoy swaying to the rhythm of the music? Try out any of these dance fitness sessions! No previous dance experience necessary, just the desire to get a little funky and have fun with your workout!