

CAMPUSREC FALL 2024 IN-PERSON GROUPX CLASSES

Monday, September 30th -
Friday, December 13th, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Restorative Yoga ASRC 440/441 · Britt D. 7:30 am - 8:30 am	Masters Swim X Pool · Rosalyn D. 7:30 am - 8:30 am Deep Water X Pool · Brenda S. 9:00 am - 9:45 am	Intermediate Vinyasa Yoga ASRC 440/441 · Olivia C. 7:30 am - 8:30 am	Masters Swim X Pool · Rosalyn D. 7:30 am - 8:30 am	Hatha Yoga ASRC 440/441 · Britt D. 8 am - 9 am
Barre ASRC 440/441 Megan M. 12:15 pm - 1 pm	Gentle Yoga ASRC 440/441 · Julie J. 12 pm - 1 pm	Cycle/Krank ASRC 440/441 · Erin B. 12:15 pm - 1 pm	Full-Body Strength ASRC 440/441 Fern W.M. & Staff 12:15 pm - 1 pm	HIIT + Abs ASRC 440/441 · Jenna S. 12:15 pm - 1 pm
Self Defense ASRC 450 · Kristian M. 12:45 pm - 1:45 pm				Stretch & Flexibility ASRC 440/441 · Rosie M. 1:15 pm - 2 pm
Lower Body & Core ASRC 440/441 · Ileanna B. 4:15 pm - 5 pm	HIIT + Abs ASRC 440/441 · Alex F. 4:15 pm - 5 pm	Pilates <small>NEW!</small> ASRC 440/441 · Brenda S. 4 pm - 5 pm	Upper Body & Core ASRC 440/441 · Brenda S. 4:15 pm - 5 pm	
Zumba ASRC 440/441 · Alex S. 5:15 pm - 6 pm	Full-Body Strength ASRC 440/441 · Alex F. 5:15 pm - 6 pm	Zumba ASRC 440/441 · Alex S. 5:15 pm - 6 pm	Cycle/Krank ASRC 440/441 · Jenna S. 5:15 pm - 6 pm	
	Aikido ASRC 450 · Suzane V.A. 5:30 pm - 6:15 pm	Shallow Water X Pool · Rosie M. 5:15 pm - 6 pm		
Hatha Yoga ASRC 440/441 · Linds T. 6:15 pm - 7:15 pm	Restore & Rejuvenate <small>NEW!</small> ASRC 440/441 · Sophia S. 6:15 pm - 7 pm	Bootcamp ASRC 440/441 · Ileanna B. 6:15 pm - 7 pm	Beginner Vinyasa Yoga ASRC 440/441 · Olivia C. 6:15 pm - 7:15 pm	
		Gentle Yoga ASRC 440/441 · Britt D. 7:15 pm - 8:15 pm		

SATURDAY
NO CLASSES

SUNDAY
Fun Family NEW!
Fitness
ASRC 440/441 · Amy G.
12:15 pm - 1:00 pm
Zumba
ASRC 440/441 · Lizzy T.
5:15 pm - 6:00 pm

KEY

- Cardio
- Aquatics
- Martial Arts
- Mind/Body
- Strength
- Dance
- Combo

MISSION & VISION

Group X Mission: Campus Rec Group X provides a wide variety of inclusive and accessible group fitness classes to the PSU community that promote joyful movement, build participant confidence, and enhance wellbeing.

Group X Vision: Create positive movement experiences in an inclusive community.

FIND GROUPX ONLINE



GENERAL QUESTIONS AND ACCOMMODATIONS:
503-725-9189 or jesiegel@pdx.edu
Campus Rec makes every effort to be accessible to all abilities.

CAMPUSREC

FALL 2024 IN-PERSON

GROUPX CLASS DESCRIPTIONS

Monday, September 30th - Friday, December 13th, 2024

CARDIO

Cycle/Krank

This is an amazing cardiovascular workout that works well for participants of all levels. Instructors will lead you through a variety of drills on the bike, such as sprints and hills, to ensure you get the most out of your workout time. Participants will be set up on the bikes safely and be provided with motivating music to keep you going. Krank cycles for the upper body can be swapped out for traditional spin bikes if preferred. Please bring a towel and a water bottle as this class will make you sweat! If you are a new rider please come 5 minutes early so that you can get properly set up.

HIIT + Abs

HIIT stands for High Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery intervals. HIIT is known for providing an effective cardio respiratory workout in a short time frame. Be ready to utilize your entire body via bodyweight and equipment based exercises.

COMBO

Bootcamp

This class combines strength training and cardio exercises for a comprehensive workout that is ideal for anyone seeking a fun, full body, interval-based workout that can be performed anywhere. Bootcamp's endless variety will keep you engaged and progressing along your fitness journey.

Fun Family Fitness NEW!

This class encourages participatory learning through movement and laughter, ideal for families with children of all ages. A primarily cardio workout with short strength and flexibility sequences designed to hold children's attention provides a time and space to move, play, build community, and have fun. Class offers opportunities to get silly by incorporating games, visualizations, story, and dance. All levels and ages are welcome; class may differ based on the age of attendees. *Children under the age of 16 must be accompanied by a parent or caregiver.

DANCE

Zumba

This Latin-inspired dance-fitness class incorporates Latin and International music with dance movements to create a dynamic and fun fitness program. The class format combines fast and slow rhythms that move the body in an aerobic fashion to achieve a unique balance of cardio and muscle-strengthening benefits. No prior dance experience necessary. Come join the party!

STRENGTH

Barre

Barre is a fusion of Pilates, yoga, aerobics, and elements of strength training. It is a full body workout that uses light to moderate weights, resistance tubing, a Pilates ball, and a mat. Barre improves posture, flexibility, overall body strength, and balance. Come ready to get your body moving and establish new connections with fellow classmates.

Full-Body Strength

This full body resistance training class will help you realize your strength through the use of free weights, body bars, and more to work every major muscle group in the body. Instruction and participation focus is on correct lifting techniques, with the use of light to moderate weights and higher repetitions. Use the energy of class to help you reach your goals!

Lower Body & Core

If you are looking to strengthen your lower body, this is the ideal class for you! Using strength training principles and a mix of bodyweight and equipment, this class is sure to target and strengthen every area of your glutes, quads, hamstrings, abdominals, and calves.

Upper Body & Core

This class is intended to strengthen your core, arms, chest, back, and shoulders using bodyweight as well as equipment. This motivating and empowering class is great for those looking to make upper body and core strength gains, to learn how to perform exercises safely, or to continue to move while resting and/or recovering their lower bodies.

AQUATICS

Intro to Swim X

This coach led lap swimming class is a great bridge from Adult Swim Clinics into Masters Swim X. During the class the coach will lead you through a ~1,000 yard workout and give you the confidence to try our Masters Swim X group!

Masters Swim X

This coach led masters swim practice/class includes endurance and speed workouts, stroke technique, as well as open water and racing skills. Workouts average 2,500 yards (about 1.5 miles). Come for the camaraderie and the workout!

Shallow Water X

This class will take place in the shallow end of the pool, using the buoyancy of water to lessen the impact on our joints. You can expect a variety of cardio intervals, plyometrics, and strength work for both the upper and lower body, set to good tunes, in this low impact class. No swim experience is required!

Deep Water X

This little-to-no impact class gives you the opportunity to get a great workout without putting any added stress on your joints. With a variety of cardio, core, and strength work you can look forward to a full-body workout, using the water to do what we can't with our feet on the ground. Deep Water X is ideal for participants of all body types and fitness levels. No swim experience required.

Beginner Vinyasa Yoga

This mindful vinyasa flow class practices slowing down and moving with the breath to promote awareness and grace. The integration of yin yoga to release fascial tension with a slow and gentle vinyasa flow teaches practitioners to use breath effectively in transitioning from one movement to the next. This is a perfect class for yogis building up to a faster-paced vinyasa practice, or for experienced yogis looking to slow down and find some release in a gentler flow.

Gentle Yoga

This slow-paced and alignment-based practice facilitates ease and awareness in the body through using a combination of gentle yin yoga stretches to release tension in the fascia, restorative poses, and breathing and meditation techniques. Gentle Yoga is appropriate for anyone from the absolute beginner to the experienced yogi looking to bring an element of deep relaxation to their practice.

Hatha Yoga

This is an active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice. Poses are held for 3-10 breaths to build strength, body awareness, and mind-body connection. Hatha Yoga is appropriate for beginners with no prior yoga experience, as well as more experienced participants seeking a refresher on the fundamentals of breath and alignment.

Intermediate Vinyasa Yoga

Open your heart, body, and mind in this vinyasa flow. Class will progress to matching one breath per movement to create strong, flow-based sequences that elevate heart rate and build warmth in the body. Intermediate poses are introduced including arm balances, backbends, and prep poses for inversions. Intermediate Vinyasa classes are faster paced; knowledge of yoga postures is helpful but not required.

Pilates NEW!

This class is perfect for new and experienced individuals, of all ages and fitness levels. We will work to master the 5 basic principles of Pilates to ensure proper muscle engagement, breathing patterns and biomechanics. Mastering the foundational movements of Pilates will help you grow in your practice, connect more deeply with your body, develop core strength and stability, prevent injuries, and relieve stress and back pain.

Stretch & Flexibility

This class is geared towards improving flexibility through a variety of static and dynamic stretches. Expect to slow down and reconnect with your body as you improve posture, maintain or increase range of motion, and reduce general tightness and soreness throughout your body. Stretch & Flexibility is excellent after a long day at the computer or a strenuous workout!

Restorative Yoga

Restorative yoga facilitates a state of deep relaxation. Restorative postures are held for 3-5 minutes to allow the muscles the opportunity to relax. This is a slow-paced class combining gentle movement, meditation, and deep breathing that allows participants time to rest, restore and recover.

Restore & Rejuvenate NEW!

Improve daily function and performance through a combination of dynamic stretches, mobility work, foam rolling, and self-massage. This class will guide you through simple movements to improve joint mobility, reduce fascia restrictions, decrease muscle tension, and increase flexibility and range of motion. Join us for restorative movement to end your day and to complement your weekly routine.

Aikido

Learn how to fall safely, deepen body awareness, improve balance, and sense your center. Aikido is a non-competitive Japanese martial art, known as "the art of peace." In this class we'll begin with solo movements to unravel your tension and clear your mind. We'll practice skills for safe falling and rolling. Then we'll guide you in fun partner exercises to explore balance, resilience, and absorbing force safely. Come play on the mats and learn some cool moves.

Self Defense

Self-defense teaches you techniques and strategies to avoid and survive hostile encounters. Hands-on defensive techniques utilize simple, effective movements to defend against and counter an attacker. Focus is placed on attacking the weak areas of the body to achieve maximum results with minimum effort.

MIND/BODY

MARTIAL ARTS

CLASS LOCATIONS

- | | |
|---|--|
| <ul style="list-style-type: none"> Rec Center Pool > Masters Swim X > Intro to Swim X > Shallow Water X > Deep Water X | <ul style="list-style-type: none"> ASRC 450 > Aikido > Self Defense ASRC 440/441 > All other classes |
|---|--|

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