

# UAB'S GOT HEART

## HEART MONTH AT UAB

Get your heart pumping with a free week of classes at the Campus Recreation Center, February 3-8, 2025.

### MONDAY 2/3

- 6:30-7:15 a.m. Functional Fitness AM +
- 11-11:45 a.m. Hatha Yoga
- 12:15-1:45 p.m. Core Sport
- 5-5:45 p.m. Dance Fitness
- 5:30-6:30 p.m. Power Yoga +
- 6-6:45 p.m. Barre
- 7-7:45 p.m. Bhangra Dance
- 7-8 p.m. Beginner Modern Ballet +

### WEDNESDAY 2/5

- 6:30-7:15 a.m. Functional Fitness AM +
- 8-8:45 a.m. Level 1 Yoga
- 11:30 a.m.-12:15 p.m. Pilates +
- 5-5:45 p.m. Dance Fitness

### FRIDAY 2/7

- 12-12:45 p.m. Fitbarre
- 3-4 p.m. Water Aerobics + (in leisurepool)

### SATURDAY 2/8

- 9:30-10:15 a.m. Hatha-Vinyasa Yoga

### TUESDAY 2/4

- 6:30-7:15 a.m. Functional Fitness AM+
- 8:30-9:15 a.m. AM Kickstart Cardio & Core
- 12-12:45 p.m. Circuit
- 12:15-1 p.m. Heavy HIITer+
- 4:15-5 p.m. Interval Fitness
- 5-5:45 p.m. Mat Ballet Conditioning
- 5:30-6:15 p.m. Functional Fitness+
- 5:30-6:15 p.m. Step, Jump, & Pump
- 6-7 p.m. Fundamentals of Ballet +
- 7-8 p.m. Learn to Lift +

### THURSDAY 2/6

- 6:30-7:15 a.m. Functional Fitness AM+
- 8:30-9:15 a.m. AM Kickstart Cardio & Core
- 11-11:45 a.m. Yogalates
- 12:15-1 p.m. Heavy HIITer+
- 5:30-6:15 p.m. Functional Fitness PM+
- 5:30-6:15 p.m. Step, Jump & Pump
- 6-6:45 p.m. Barre
- 6-7 p.m. Beginner Ballet +
- 7-8 p.m. Learn to Lift +

More heart health tips at [uab.edu/heartmonth](http://uab.edu/heartmonth)

**UAB** The University of Alabama at Birmingham.

UNIVERSITY RECREATION | EMPLOYEE WELLNESS

# URec Class Descriptions

## **AM Kickstart Cardio & Core**

A morning session combining cardiovascular exercises with core strengthening routines to kick start your day.

## **Barre**

A low-impact workout blending ballet-inspired movements with elements of Pilates and yoga to tone muscles and improve posture.

## **Beginner Ballet+**

An introductory ballet class for beginners, emphasizing basic techniques and movements to build a foundation in ballet.

## **Beginner Modern Ballet+**

An introductory class to modern ballet techniques, focusing on basic movements and improving grace and flexibility.

## **Bhangra Dance**

A lively dance class featuring traditional Bhangra moves set to upbeat music, providing a fun cardio workout.

## **Circuit**

A fast-paced workout moving through various exercise stations to build strength and endurance.

## **Core Sport**

A workout targeting the core muscles to improve strength, stability, and athletic performance.

## **Dance Fitness**

A high-energy class combining dance moves with cardiovascular exercise to boost fitness while having fun.

## **Fitbarre**

A workout combining elements of

ballet, Pilates, and strength training to tone muscles and improve flexibility.

## **Functional Fitness+**

Exercises designed to train muscles to work together, preparing them for daily tasks by simulating common movements.

## **Functional Fitness AM+**

A morning class focusing on exercises that mimic daily activities to improve overall strength, balance, and flexibility.

## **Functional Fitness PM+**

An evening class focusing on functional exercises to improve daily movement patterns, strength, and endurance.

## **Fundamentals of Ballet+**

A class teaching the basic principles and techniques of ballet, suitable for beginners aiming to build a foundation in dance.

## **Hatha Yoga**

A traditional form of yoga emphasizing physical postures and breathing techniques to enhance flexibility and relaxation.

## **Hatha-Vinyasa Yoga**

A blend of Hatha and Vinyasa yoga styles, combining static poses with dynamic flow sequences to enhance strength and flexibility.

## **Heavy HIITer+**

A high-intensity interval training class incorporating heavyweights to challenge both cardio and muscular systems.

## **Interval Fitness**

A workout alternating between periods of high and low intensity to

improve cardiovascular fitness and burn calories.

## **Learn to Lift+**

An instructional session focused on teaching proper weightlifting techniques to build strength safely.

## **Level 1 Yoga**

An entry-level yoga class introducing fundamental poses and breathing exercises to promote relaxation and flexibility.

## **Mat Ballet Conditioning**

A floor-based class focusing on ballet exercises to enhance strength, flexibility, and core stability.

## **Pilates+**

A fitness system emphasizing controlled movements to improve flexibility, strength, and body awareness, often with added intensity.

## **Power Yoga+**

A vigorous yoga practice that builds strength, flexibility, and endurance through dynamic movements.

## **Step, Jump & Pump**

A dynamic class combining step aerobics, plyometric jumps, and strength training for a full-body workout.

## **Water Aerobics+**

A low-impact aquatic exercise class designed to improve cardiovascular fitness and muscle tone, suitable for all fitness levels.

## **Yogalates**

A fusion of yoga and Pilates principles designed to enhance strength, flexibility and balance.