### Class Descriptions

- **Barre Fit** – A barre-less ballet inspired workout to tone legs, arms, core. Improves posture and balance.
- **Cardio KickBox** - Non-contact cardio workout to burn calories and have fun. Includes abs, core and stretch.
- **Sculpt** – Muscle toning for the whole body using weights, bands and bars.
- **Total Body** – Targeted intervals of cardio, strength and core for the whole body.
- **Yoga** – Breathe, stretch and strengthen with vinyasa flow yoga poses and focus.
- **Yoga+Core** – A faster pace yoga class including core strength exercises.
- **Zumba** – Dance fitness class set to Latin and International music.

**Athletic shoes required for all classes except Yoga and Barre Fit.**

---

**fitness@barnard.edu**

pe.barnard.edu/fitbear-classes