

DANCE & MARTIAL ARTS



FIRST CLASS IS FREE!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|--|---|
| | Brazilian Jiu-Jitsu (T/TH) 12:00 – 1:00 pm Sep 5 – Nov 9 \$65 • Mat Room | | Brazilian Jiu-Jitsu (T/TH) 12:00 – 1:00 pm Sep 5 – Nov 9 \$65 • Mat Room |
| Muay Thai (M/W) 5:00 – 6:00 pm Sep 6 – Nov 8 \$65 • Mat Room | | Muay Thai (M/W) 5:00 – 6:00 pm Sep 6 – Nov 8 \$65 • Mat Room | |
| Capoiera (M) FREE! 6:30 – 7:30 pm Aug 21 – Dec 4* FREE! • Studio 1 | Boxing (T/TH) 5:30 – 6:45 pm Sep 5 – Nov 9 \$65 • Mat Room | | Boxing (T/TH) 5:30 – 6:45 pm Sep 5 – Nov 9 \$65 • Mat Room |
| | Aikido (T/TH) 7:00 – 8:30 pm Sep 5 – Dec 7* \$99 • Mat Room | | Aikido (T/TH) 7:00 – 8:30 pm Sep 5 – Dec 7* \$99 • Mat Room |
| Judo (M/W) 7:00 – 9:00 pm Sep 6 – Dec 6* \$99 • Mat Room | | Judo (M/W) 7:00 – 9:00 pm Sep 6 – Dec 6* \$99 • Mat Room | |
| | Shotokan Karate (T/TH) 7:00 – 8:30 pm Sep 5 – Dec 7* \$99 • Moby Aerobics Room | | Shotokan Karate (T/TH) 7:00 – 8:30 pm Sep 5 – Dec 7* \$99 • Moby Aerobics Room |
| Barre-Dance Fusion (M/W) 7:45 – 8:45 pm Sep 6 – Nov 8 \$59 • Studio 2 | | Barre-Dance Fusion (M/W) 7:45 – 8:45 pm Sep 6 – Nov 8 \$59 • Studio 2 | |
| | Studio Dance (T/TH) 7:45 – 8:45 pm Sep 5 – Nov 9 \$59 • Studio 2 | | Studio Dance (T/TH) 7:45 – 8:45 pm Sep 5 – Nov 9 \$59 • Studio 2 |
| | | Ballroom Dance (W) 8:00 – 9:00 pm Sep 6 – Nov 8 \$49 • Studio 4 | |
| Hip Hop (M/W) 8:30 – 9:45 pm Sep 6 – Nov 8 \$65 • Moby Aerobics Room | <i>*No classes during Fall Break (Nov 20-24) **Schedule and prices are subject to change</i> | Hip Hop (M/W) 8:30 – 9:45 pm Sep 6 – Nov 8 \$65 • Moby Aerobics Room | Beginner Salsa (TH) 8:30 – 9:30 pm Sep 7 – Nov 9 \$49 • Studio 4 |

Sign up for classes online at purchases.csurec.colostate.edu or in person at the Service Center starting August 21st!

Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor



BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu or BJJ (the "Gentle Art") is a grappling martial art and combat sport that teaches a smaller person how to defend against a larger adversary/opponent by using leverage and proper technique. BJJ, was modified from Judo and traditional Japanese Jujitsu. It contains stand-up maneuvers, but it is most famous for its devastating ground-fighting techniques. By gaining superior positioning—one can apply numerous chokes, holds, locks and joint manipulations on an opponent. The true strength of BJJ is that the system provide a simple and defined strategy in with to defeat your opponent. This class is instructed by a 1st Degree Black Belt (Alliance BJJ). Instructor: David

MUAY THAI

Fundamentals of Thai Kickboxing will provide you with the basic skills of kickboxing. Sessions will provide practice in the fundamentals of correct strikes, footwork and defensive tactics as well as the proper use of equipment. Hand wraps, gloves, heavy bags and focus mitts will be incorporated into a variety of skills, drills and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase. Instructor: Harry

AIKIDO

Aikido is a traditional Japanese martial art based on the principles of universal harmony and non-violence. It is a highly effective form of self-defense that requires minimal forces because it uses an attackers own size and strength against them. There is no wild kicking or punching in Aikido and it can be practiced by men and women of all ages. Aikido can be highly aerobic and with Ukemi, "The art of falling", students will be learning to protect themselves by safely rolling or falling during the techniques. Bring a willingness to learn and most importantly, have fun! As a beginning student, please wear comfortable athletic clothing preferably long sleeves and pants. You will eventually decide to invest in a gi to further your training and safety. Instructor: Victor

BOXING

Get fit without getting hit! Sweat the pounds off with actual fighter training using heavy bags and target mits. Classes will include light cardio, heavy bag rounds, high-intensity interval training, and core work. Hand wraps, gloves, heavy bags and focus mitts will be incorporated into a variety of skills, drills and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase. Instructor: Galen

JUDO

Judo, the "gentle way," was developed in Japan in 1884. It incorporates standing and mat work techniques, combining throws, hold downs, chokes and arm bars with intense workouts. Students learn to maximize their own power and efficiency while using opponents' strength against them, making it an effective means of self-defense. Judo has been an Olympic sport since 1964. After adequate instruction and practice, students may compete in local and national tournaments. Judo is an excellent way to develop physical and mental discipline. Beginners and experienced students are welcome. Instructor: Dustin

SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art focusing on empty hand techniques. Students in this class will learn fundamental blocking, kicking, and striking techniques and forms (kata). Application of these techniques will be taught and practiced through sparring and self-defense drills. Benefits include increased fitness, strength and coordination as well as improved confidence. Shotokan karate is very widespread, helping students to continue training over breaks and after college should they so desire. All experience levels welcome. Instructor: Laura

CAPOEIRA

Capoeira is a martial art that combines the elements of acrobatics, music, dance, and rituals in a very elegant and magnetic way. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity. No experience necessary. Instructors: Silvia & Renzo

HIP HOP

Want to break a sweat without even realizing you're working out? Come join Hip Hop with Hailey! You will be challenged in different styles including breaking, locking, popping, waacking, house, and funk. Never danced before? That's okay. In this class all levels will be accommodated and challenged, so come bust a move and break a sweat to some of the best hip hop hits of our generation! Instructor: Hailey

BARRE-DANCE FUSION

Invigorating, inspiring, and inviting, BARRE-DANCE FUSION opens the dance floor to any-BODY eager to move, groove, sweat, sculpt, stretch, shape, or tone in-tune! Together, with dynamic music and diverse movement, we will flow through a rhythmic fusion of classical dance techniques—ballet, modern, jazz—creative contemporary styles—ecstatic, hip-hop, Hindi—and conscious conditioning practices—barre, yoga, pilates. Each unique sequence will build upon the next, evolving this transformative, energizing class into a challenging, balancing, rewarding, and FUN experience for all dancers—with or without any form of dance background. Instructor: Gabriella

STUDIO DANCE

Are you looking for a fun way to stay in shape this semester while energizing yourself with creative motion? Dance Fusion is a combination studio dance class of ballet, hip hop, jazz and belly dancing. You'll surprise yourself with how fast the hour flies by when you stunt your moves to your favorite hit songs. Don't be mistaken though, you don't have to already know how to dance to enroll. We welcome dancers of all levels to come and have a great time! Don't miss out and hope to see you soon! Instructor: Adam

BALLROOM DANCE

This class is ideal for those who are completely new to dancing or for those who have prior dance experience but, want a review or wish to learn the basics of a new dance. We will be covering the following American style smooth and rhythm dances: Waltz, Tango, Foxtrot, Cha-cha, Rumba, and Swing. No partner required (we will be rotating partners). Everyone is welcome, whether you want to learn to lead and/or follow it's up to you! Requirements: clothing that allows for comfortable movement. Also, a pair of dance shoes or a comfortable pair of non-street/non-marking shoes. Instructor: Kali

BEGINNER SALSA

Salsa is a very popular club dance with lots of opportunities to practice socially. In fact, right here in Fort Collins there are several weekly salsa dance events! This class is ideal for those who are completely new to Salsa or for those who are looking to review and master the basics. In addition to covering the basics of Salsa, we will be going over some basic patterns for Bachata (another popular dance which often accompanies Salsa in clubs). No partner required (we will be rotating partners). Everyone is welcome, whether you want to learn to lead and/or follow it's up to you! Requirements: clothing that allows for comfortable movement. Also, a pair of dance shoes or a comfortable pair of non-street/non-marking shoes. Instructor: Kali