

UCD Active Campus Europe (ACE)



Classes for fitness, fun, and relaxation

Pilates

This class is designed for beginners and focuses on Pilates principles of breathing, flexibility, balance, strength, body awareness, and alignment. This class gives you the opportunity to take control of your health by engaging your muscles, boosting your flexibility, and improving balance all in a gentle way!

Core N Tone

This is a cardio class that uses bodyweight exercises to engage and strengthen the muscles of the core. The combination of strength-based movements and cardio bursts contributes to an overall higher calorie burn and increased fitness.

Body Balance

Body Balance combines principles of Tai Chi, yoga and Pilates to improve overall flexibility, strength and relaxation using slow flows, static poses and meditation.

Glute Blaster

Is exactly as it reads! Be prepared to fire up your bottom and tone up those glutes with bodyweight and resistance band work!

Body Pump

Body Pump is a fun introduction to weight-lifting and contributes to building strength, muscle endurance and helps participants tighten and tone their muscles. The weights used in this class are lighter and meant to allow a high volume of movement, permitting a higher calorie burn in this full-body workout!



CX Worx

CX is a core-strengthening class that uses resistance bands and small weights to challenge the endurance of the muscles in the core, bum, back and arms.

Body Blitz

Blitz is a circuit-style class that permits higher calorie burn through intervals of work and shorter rest periods. You'll never get bored with this constantly moving class that builds muscle endurance, strength, and burns calories!

Bootcamp Pilates

Combines the core strengthening and flexibility principles of Pilates with overall muscle endurance and cardio fitness.