



GROUP FITNESS SCHEDULE

CLASSES WILL BEGIN ON MONDAY, JANUARY 23
 CLASSES ARE OFFERED FOR FREE FROM JANUARY 23-27, 2017

DAY	TIME	INSTRUCTOR	LOCATION	CLASS
Monday				
	12:10-12:45pm	Sue	GF Rm	Total Body Burn
	1:15-1:45pm	Summer	Spin Rm downstairs Rm 20	Cycle
	5:15-6:00pm	Angel	GF Rm	Zumba
	7:00-8:00pm	Hannah	GF Rm	Yoga
Tuesday				
	12:10-12:45pm	Sue	GF Rm	Zumba Toning
	1:15-1:45pm	Summer	Spin Rm downstairs Rm 20	Cycle
	5:15-6:15pm	Shelly	GF Rm	R.I.P.P.E.D.
Wednesday				
	12:00-12:45pm	Brenna	Spin Rm downstairs Rm 20	Cycle
	1:15-1:45pm	Summer	Spin Rm downstairs Rm 20	Cycle
	5:15-6:15pm	Sue	Spin Rm downstairs Rm 20	Cycle Yoga Fusion
	7:30-8:30pm	Brenna	Spin Rm downstairs Rm 20	Cycle
Thursday				
	12:00-12:45pm	Natalie	GF Rm	Pilates
	5:15-6:00pm	Sue	Pool	Aqua Zumba
	5:15-6:00pm	Natalie	GF Rm	Total Body Burn

(final 1/03/17)

All students free for Spring 2017

Punch Cards and Unlimited SEMESTER Passes are available in the Campus Recreation Office, Room 120 Markin Center.

15 Punch Card Staff/Faculty - \$25 Alumni (w/mbrship) - \$35 20 Punch Card Staff/Faculty - \$30 Alumni (w/mbrship) - \$40

Unlimited Pass Staff/Faculty - \$35 Alumni (w/mbrship) - \$50 Daily fee at door Staff/Faculty - \$2 Alumni (w/mbrship) - \$5



GROUP FITNESS CLASS DESCRIPTIONS

AQUA ZUMBA - Aqua Zumba is a fun, easy to learn cardio class that feels more like a fitness party than a workout in the water. This class fuses Latin rhythms and easy to follow moves that tones and sculpts your body while melting away stress, and at the same time leaves you feeling energized and wanting more! Ditch the workout, join the party in the water!!

CYCLE - Enthusiastic instructors and motivational music will get you through this fast-paced aerobic workout. Indoor cycling is a great way to work up a sweat and have fun! First-time spinners up to the most experienced spinners will enjoy this workout. Come try it out and don't forget to bring a towel!

CYCLE YOGA FUSION - The best of both worlds! Thirty minutes of cycle followed by thirty minutes of yoga with cool down. Come experience a high energy cycle class followed by a relaxing yoga class that focuses on stretching and lengthening your muscles.

KICKBOXING - This non-choreographed fitness class will help you develop new skills as you tone and tighten your arms, legs, and core. Each class consists of stretching and interval training including jabs, kicks and punch combinations on a hand held target. All levels welcome, learn the correct form for a variety of kickboxing moves while getting a great cardio workout! Participants are encouraged to bring lightweight bag gloves. We have a limited number to borrow if need. Class size is limited and fills on a first-come, first-serve basis.

PILATES - Discover your inner "powerhouse" with this body conditioning class. Improve your total body alignment, flexibility, muscle strength and endurance with low-impact exercises that focus on your breath and core strength. This class is perfect for every fitness level as exercises can be modified.

R.I.P.P.E.D. - (Resistance, Interval, Power, Plyometric, Endurance, and Diet) A high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's fun, created for all fitness levels and will produce results you are looking for.

TOTAL BODY BURN-Tone and strengthen every muscle with a mix of cardio and strength exercises. Total Body Burn is a dynamic whole body muscle conditioning class using a combination of free weights, bands, exercise balls, and kettlebells. Exercises will be modified to accommodate all fitness levels. Be prepared for a Total Body Burn.

YOGA - This class moves through a variety of yoga poses in a balanced and systematic way. Benefits of yoga include heightened body awareness and mind focus, tension release, increased range of motion at the joints and an overall sensation of more balance in life. The session ends with restorative work, which energizes the body through passive stretch techniques.

ZUMBA - Zumba is a fun, easy to learn cardio class that feels more like a fitness party than a workout. This class fuses Latin rhythms and easy to follow moves that tone and sculpt your body while melting away stress, and at the same time leaves you feeling energized and wanting more! Ditch the workout, Join the Party!!

ZUMBA TONING - Zumba Toning is a combination of cardio and dynamic resistive exercises using weighted toning sticks. The toning sticks are 1 lb and 2.5 lbs. Zumba® Toning is exhilarating, different, challenging and effective and provides a new avenue to weighted activity for the participant. Zumba Toning utilizes the same party-like atmosphere using the Latin rhythms Zumba is known for! All fitness levels welcome.