



CAMPUS RECREATION
FITNESS & WELLNESS

GROUP FITNESS SCHEDULE

SUMMER I JUNE 4 - JULY 6

	MON.	TUES.	WED.	THURS.	FRI.
6:30-7:20 AM	AquaFit Sarah	Zumba Stacey	Power Yoga Sarah	Zumba Stacey	TBC Stacey
10:00-10:50 AM		Gentle Yoga Rebecca		Gentle Yoga Rebecca	
12:30-1:20 PM		Zumba Stacey	AquaFit Sarah		Six Pack Cycle Moirá
4:45-5:15 PM	Ab Lab Becky	Ab Lab Roger	Ab Lab JB	Ab Lab JB	
5:30-6:20 PM	Pilates Lauren	Step Becky	Pilates Lauren	TBC JB/Lauren	
6:30-7:20 PM	Zumba Roger	Vinyasa Yoga Khimen	Zumba Roger	Six Pack Cycle Sarah	

SEE REVERSE FOR CLASS DESCRIPTIONS

CLASS DESCRIPTIONS

FITNESS CLASSES

Bring a buddy for these fun and energetic workouts led by a certified group fitness instructor or personal trainer. Proper work out attire (including non-marking athletic shoes) is required and water is highly recommended!

Ab Lab:

Uncover your six pack! This 30 minute class focuses on toning the abdominal and lower back muscles. It's a great way to challenge and improve your core strength.

AquaFit:

Get a great workout without breaking a sweat! Meet on the pool deck; rainsite will be in the MRC activity room

Gentle Yoga:

A calming, lower-intensity yoga class focused on enhancing your flexibility and building the mind-body connection to reduce stress and learn relaxation techniques. Tai chi and/or meditation segments may be included.

Power Yoga:

A challenging, athletic blend of high-intensity yoga moves that builds muscular endurance and strength.

Six Pack Cycle:

A challenging cardio interval class on the bike fused with core toning moves to chisel your middle.

Step:

A dynamic cardio workout utilizing the aerobic step. This class matches choreography to invigorating music for a dance-style sweat-fest!

TBC (Total Body Conditioning):

The name says it all! An action-packed class that includes athletic drills, cardio intervals, and toning moves to chisel your body from head to toe.

Vinyasa Yoga:

A challenging, higher intensity form of yoga that incorporates sun salutations and an accelerated flow of asanas (poses).

Zumba:

Ditch the workout, join the party! Shake your booty to a blend of Latin and international beats in this incredibly fun fitness-based dance class. No dance experience needed.

Looking for more information on Group Fitness classes? Contact Moira Johnson.

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Keep up with Campus Recreation!

