



Spring 2012

Group Fitness Schedule

(January 9th - May 4th)

	Monday	Tuesday	Wednesday	Thursday	Friday
11am				Yoga (Carol)	
12pm	Complete Cardio (Robin)	Body Sculpt (Cathy)	Body Sculpt (Rachel)	Body Sculpt (Cathy)	Zumba (Ricky)
5:15pm	Strength & Conditioning (Brad) *Water Aerobics (Lin – UC pool)	Body Combat (Betsy) *Water Aerobics (Lin – UC pool)	Kick Box and Abs (Jessica)	Zumba (Shayanna) *Water Aerobics (Lin – UC pool)	
6:15pm	Zumba (Shayanna)		Zumba (Shayanna)		

* All group fitness classes are 45 minutes and meet in the UC Aerobics Room unless otherwise noted *

Class Descriptions

Body Combat: Appropriate for all fitness levels, mix of aerobic and strength training exercises.

Body Sculpt: Appropriate for all fitness levels, resistance training, hand weights and body weight exercises.

Complete Cardio: Appropriate for all fitness levels, light-moderate aerobic exercises.

Kick Box & Abs: Intermediate fitness levels recommended, fast-paced kick boxing routines.

Strength & Conditioning: Intermediate fitness levels recommended, high intensity cardio & strength drills.

Water Aerobics: Appropriate for all fitness levels, you do not need to know how to swim.

Yoga: Appropriate for all fitness levels, no previous yoga experience required.

Zumba: Appropriate for all fitness levels, dance your way to great shape.