

GROUP FITNESS SCHEDULE

FALL 2009

(AUGUST 24 – DECEMBER 18, 2009)

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM				Yoga (Phil)	
12:00 PM	Body Sculpt (Rachel)	Body Sculpt (Cathy)		Body Sculpt (Cathy)	Body Sculpt (Rachel)
1:00 PM	Fit Club (Carol)	Quick Fit* (Tarver-Rachel)	Fit Club (Carol)	Quick Fit* (Tarver-Rachel)	Fit Club (Carol)
5:15 PM	Body Pump (Rachel) <hr/> Aqua Aerobics* (Lin)	Step/Sculpt/Core (Carol)	Cardio & Core (Rachel)	Complete Circuit (Robin) <hr/> Aqua Aerobics* (Lin)	

Class Descriptions

Yoga: Appropriate for all levels of fitness. Poses focus on strength & flexibility.

Body Sculpt: Features a combination of muscle toning and strengthening exercises to reshape and firm the entire body. Expect slower pace with more intensity.

Fit Club: This "Club" is open to everyone! Come enjoy a midday workout to boost your energy, increase endurance, and develop great muscle definition. Expect faster pace with less intensity.

Quick Fit (30 min): The class is low to moderate intensity and includes toning with tubing and flexibility exercises. Come as you are, no change of clothes required.

Aqua Aerobics: This class is great for all fitness levels. With little to no impact, you get a complete cardiovascular and resistance workout. You do not have to know how to swim to participate.

Body Pump: A strength-training class great for all levels of fitness designed to increase muscle tone and endurance. Each class focuses on different muscle groups including core, arms and legs so you never get bored.

Step/Sculpt/Core: This class combines the calorie burn and cardio work of a traditional step class with the strength training and core work of Body Pump. What a combination!

Cardio & Core: What's the faster way to great abs? A great cardio workout plus core strengthening! Get both here!

Complete Circuit: This class combines moves from interval training, boot camp and circuit to give you a great total body workout. You'll never have the same class twice!

* All classes are held in the University Center Aerobics Room unless otherwise noted.