







GROUP FITNESS SCHEDULE

JANUARY 22ND - MARCH 20TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6:30a (60 MINUTE) YOGA		
					11a GROUP STRENGTH
		12:15p (45 MINUTE) YOGA			11:45a CORE 360
		3:45p P90X®	3:45p TOTAL TRX®		12n YOGA
	4p YOGA	4:30p CORE 360	4:30p INSANITY®	3:45p DOUBLE THREAT	<p>FOLLOW WARHAWK FITNESS</p>     
5p INSANITY®	5p INSANITY®	4:45p BELOW THE BELT	5p CORE 360	4:45p CORE 360	
5:30p P90X®	5:30p CORE 360	5:15p TRIPLE THREAT	5:15p GROUP STRENGTH	5p P90X®	
6:15p YOGA+	5:45p BELOW THE BELT	6:15p INSANITY®	6p STEP	5:45p INSANITY®	
	6:15p TRX®	6:45p CORE 360	6:45p CORE 360	6:15p STEP	
	7p YOGA	7p YOGA	7p PiYo™	7p YOGA	

GROUP INDOOR CYCLING

WATER BOTTLE REQUIRED!

Located in the University Fitness Center, basement of Wells Hall. Day of RESERVATIONS are highly recommended to **guarantee** yourself a Bike, call 472-1260 to reserve your bike today.

5:30p	5:30p	5:30p	5:30p	5:30p	
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CLASS DESCRIPTIONS

Below the Belt: This 30 minute class follows the format of Group Strength but targets the lower body. It is designed to tone and tighten everything below the belt!

Core 360: This FREE 15 minute abs class is open to everyone. A fun and challenging way to tighten and tone your tummy!

Cycling: Come and get the workout of your life! This class is designed to push you to the limit of your cardiovascular fitness. Low-impact, but high intensity! Water bottles are required. Located in the University Fitness Center, basement of Wells Hall. Reservations are highly recommended. (60 minute format)

Call ahead to reserve a spot: 262-472-1260

Double Threat: A combination class featuring 30 minutes of Insanity® followed by 30 minutes of PiYo® (60 minute format).

Group Strength: New to strength training or looking to CHANGE UP your CURRENT ROUTINE? Group Strength offers a non-intimidating environment to help shape your body! (45 minute format)

Insanity®: A fun filled, action packed cardio based, total-body conditioning workout that provides a wide range of modifications for all levels of fitness. (30 minute format)

P90X®: Total-body strength and cardio-conditioning workouts inspiring group camaraderie to help people achieve their desired fitness levels. (45 minute format)

PiYo™: An athletic blend of Yoga, Pilates, strength conditioning, flexibility and dynamic balance movements and poses (60 minute format)

Step: Whether you are a beginner or an advanced stepper this tried and true fitness staple uses basic to advanced step moves to challenge all levels of participants. (45 minute format)

Triple Threat: This new format combines 20 minutes of strength training, with 20 minutes of high intensity cardio and sport based movements, followed by 20 minutes of Yoga. (60 minute format)

TRX® Suspension Trainer: TRX® leverages gravity and bodyweight, activating your core to help strengthen and increase range of motion throughout your body. *User's hands and feet are supported by a single anchor point while the opposite end of the body is in contact with the floor. (45 minute format)

Yoga: Connect your mind and body while promoting muscular strength, endurance, and flexibility. "Lengthening while strengthening!" Namaste! (45 or 60 minute format, Yoga + is a 75 minute format and would include some meditation)

ATHLETIC CLOTHING AND ATHLETIC SHOES ARE REQUIRED!

semester schedule

FREE Week!	January 22nd - 27th
Session 1	January 22nd - March 20th
Special Schedule	March 21st
Session 2	April 1st - 10th
Special Schedule	May 12th (FREE Classes)
Final's Week!	13th - 17th (No Classes)
Summer Schedule	TBD



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