

# GROUP FITNESS FALL 2009

SESSION ONE - SEPTEMBER 2ND - OCTOBER 23RD

<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>
3:30p Cycling (UF)	3:45p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	3:30p Cycling (UF)	3:45p <sup>FREE!</sup> GLUTE FUSION	12n TurboKick™
4p Group Strength	4p Total EXHAUST	4p BOSU®	4p Cardio	1p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE
5p <sup>FREE!</sup> GLUTE FUSION	5p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	5p <sup>FREE!</sup> GLUTE FUSION	5p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	1:15p Yoga
5:15p BOSU®	5:15p Yoga	5:15p PiYo™	5:15p PiYo™	2:15p <sup>FREE!</sup> GLUTE FUSION
6:15p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	5:30p Cycling (UF)	6:15p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	5:30p Cycling (UF)	
6p Cycling (UF)	6:15p <sup>FREE!</sup> GLUTE FUSION	6p Cycling (UF)	<p><b>WAR HAWK</b></p>  <p><b>FITNESS</b></p>	
6:30p Yoga	6:30p TurboKick™	6:30p Step		
7:30p <sup>FREE!</sup> GLUTE FUSION	7:30p <sup>FREE!</sup> CORE <sup>®</sup> COMPLETE	7p <sup>FREE!</sup> Aqua (WC POOL)		

# RECREATION SPORTS AND FACILITIES



**AQUA:** BEST OF BOTH WATERS! AQUA IS TAUGHT IN BOTH POOLS, AND OFFERS A GREAT WORKOUT WITH A SPLASH! PLUS IT'S A COOL, CLEAN ALTERNATIVE TO THE GYM! CLASS LOCATED IN THE WILLIAMS CENTER POOL.

**BOSU®:** BOTH SIDES UP! TRAINING WITH THE BOSU® BALANCE TRAINER CREATES A MOVEMENT CONTINUUM FROM EASY TO INCREDIBLY CHALLENGING, FROM STATIC TO DYNAMIC AND FROM SUBTLE BALANCE ADJUSTMENTS TO DRAMATIC AND HIGHLY REACTIVE RESPONSES.

**CARDIO:** THIS CLASS CAN RANGE FROM BASIC ATHLETIC TECHNIQUES TO FUNKY NEW MOVES TO GET YOUR BLOOD PUMPING. ENJOY AN INTENSE WORKOUT AND HAVE A BLAST AT THE SAME TIME!

**CORE COMPLETE:** THIS IS A FREE 15 MINUTE ABS CLASS THAT IS OPEN TO EVERYONE. A FUN AND CHALLENGING WAY TO TIGHTEN AND TONE THE 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! TOWELS AND WATER BOTTLES ARE REQUIRED. LOCATED IN THE UNIVERSITY FITNESS CENTER, BASEMENT OF WELLS HALL.

**GROUP STRENGTH:** NEW TO STRENGTH TRAINING OR LOOKING TO STEP UP YOUR TONING ROUTINE? GROUP STRENGTH OFFERS A NON-INTIMIDATING ENVIRONMENT TO SCULPT YOUR BODY!

**GLUTE FUSION:** THIS 15 MINUTE CLASS IS DESIGNED TO TONE AND TIGHTEN EVERYTHING BELOW THE BELT!! IT'S FREE!

**PIYO™:** AN ATHLETIC BLEND OF YOGA, PILATES, STRENGTH CONDITIONING, FLEXIBILITY AND DYNAMIC BALANCE MOVEMENTS AND POSES.

**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.

**TOTAL EXHAUST:** THIS DYNAMIC DUO OF STRENGTH AND CARDIOVASCULAR CONDITIONING OFFERS A CHALLENGING AND MOTIVATIONAL CLASS ENVIRONMENT TO PUSH YOUR BODY'S LIMITS. NOT FOR THE WEAK!

**TURBOKICK™:** THE MOST OUTRAGEOUSLY FUN CLASS THAT TAKES KICKBOXING TO A WHOLE NEW LEVEL! SPECIALLY CHOREOGRAPHED MUSIC AND ROUTINES ALLOW FOR AN EASY TO LEARN WORKOUT THAT IS CHALLENGING AND UPBEAT.

**YOGA:** CONNECT YOUR MIND AND BODY WHILE PROMOTING MUSCULAR STRENGTH, ENDURANCE, AND FLEXIBILITY. "LENGTHENING WHILE STRENGTHENING!" NAMASTE!