

INDOOR CYCLING

FITNESS CENTER ANNEX, BLDG 9005



TIMES	MON	TUE	WED	THUR	FRI	SAT
0600-0645	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	
0800-0845						Indoor Cycling
1645-1730	Indoor Cycling		Indoor Cycling	Indoor Cycling		

GET FIT!

HARD CORE FITNESS

FITNESS CENTER GYM, BLDG 10130

TIMES	MON	TUE	WED	THUR	FRI
1200-1230	Hard Core Fitness	Hard Core Fitness	Hard Core Fitness	Hard Core Fitness	Hard Core Fitness



GROUP FITNESS SCHEDULE

A & FRC, BLDG 10122

TIMES	MON	TUE	WED	THUR	FRI	SAT
0900-0955	Cardio Circuit Training	Total Body Conditioning		Total Body Conditioning		Total Body Conditioning
1000-1100						Salsa Sizzle
1130-1230	Power Kick/Sculpt		Zumba			
1630-1715	Zumba			Zumba		
1700-1800		Power Kick/Sculpt	Circuit Training		Salsa Sizzle	
1715-1815	Step					

GET MOTIVATED!



Class Descriptions

INDOOR CYCLING: Each session Coached by Certified Fitness Professionals. Each ride has a specific purpose and is carefully designed and timed to energize, challenge and empower students to achieve their health and fitness goals in 40 minutes, it can be an intense exercise burning over 500 calories and more! Take the challenge, let us guide you toward a healthy lifestyle and weight loss success or boost you through a fitness plateau!

POWER KICK/SCULPT: How about a way to increase your stamina, flexibility, and strength? This intense, total body workout can improve strength, aerobic fitness, flexibility, coordination and balance with combined elements of boxing, aerobics to provide overall physical conditioning and toning, which may include traditional exercises such as jumping jacks, pushups, and for people who enjoy the “semi-dance” movements found in aerobics or step classes.

CIRCUIT/CARDIO CIRCUIT TRAINING: Are you Pressed For Time!?! Then your best workout choice may be circuit training. Circuit training maximizes caloric burn and works the cardiovascular system by keeping you moving, not allowing for long rest periods between exercises. Working your entire body, a variety of resistance stations, using body weight, free weights, elastic resistance, medicine balls, stability balls, and other devices. Rather than doing multiple sets of one exercise with a long rest between sets, a typical circuit workout consists of 7 to 8 stations set up in a sequence with alternating exercises for opposing muscle groups--allowing one muscle group to rest while its antagonist works. A must try Workout!

STEP: This class provides 45 minutes of heart pumping cardio using STEP training to improve aerobic fitness followed by abdominal exercises and stretching. Each participant works within their own space, mastering low and high impact moves performed both on and off the step, and with or without risers. Challenge your mind by perfecting your execution of movements. Everyone is welcome!

SALSA SIZZLE: Learn the hottest moves and styling being done at the clubs! This fast pace combination of hard pumping music and dance moves including Latin, Hip-Hop, and Cultural is taught by a versatile instructor.

HARD CORE: This 30 minute Hard core workout is different every day! Come and work out at your own pace or push yourself hard with different class leaders. Use your own body weight along with some of our equipment (medicine balls, resistance bands, dumb-bells, etc.) for a total body workout. Do planks, wall squats, sprints, push-ups, sit-ups and a whole lot more. Join us on the basketball courts for a great interval training session!

TOTAL BODY CONDITIONING (TBC): The most effective exercises for total body fitness are incorporated in this class to strengthen your heart, increase your muscle strength and endurance, challenge your core, and increase your workout intensity level. This class hits every major muscle group using both isolation muscle techniques and compound combination moves using hand held weights, body ball and more, while continually engaging your core-stabilizing muscles throughout this energetic comprehensive workout.

ZUMBA: Classes feature exotic rhythms set to high-energy Latin and international beats. Zumba Toning combines targeting body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a blast!