





Fall 2011 Group Fitness Programs

Session #2

October 24th – December 8th (No classes Nov. 24th - Thanksgiving)

	Monday	Tuesday	Wednesday	Thursday
8:00 – 8:50am	Pilates CORE Joy 	Yoga Groove Joy	Pilates CORE Joy 	Yoga Groove Joy
12:30 – 1:20pm	Total BOSU Brian	H₂O Fitness Kristi	Total BOSU Brian	H₂O Fitness Kristi
5:30 – 6:20pm	Power Cycle Nancy	Cardio Kickboxing Tiffany	Power Cycle Nancy	Cardio Kickboxing Tiffany
6:30 – 7:20pm	Adv. Strength & Conditioning CJ	Zumba Monica	Adv. Strength & Conditioning CJ	Zumba Monica
7:30 – 8:20pm	Evening flow Julie		Evening flow Julie	

- A valid group fitness ID or day pass is required for participation in any class.
- H₂O Fitness will meet in the Club Pool.
- Power Cycle will be held in racquetball court #6 unless otherwise noted.

- Advanced strength & conditioning class will be held in the main fit-room on the 1st floor & 4th floor.
- All other classes will be held in the aerobics room on the 2nd floor unless otherwise posted.

Class descriptions and prices can be found on the back...

For more information about any of our fitness programs, check our website at www.emich.edu/recim or call the Rec/IM at 487-1338.



Choose from the following options:

\$10

Drop-in Day pass. Try out any class you want!

\$50

FIT 4 U! Find one for you. Choose one class for 7 weeks (14 total classes).
Only \$3.57/ class!

\$75

ALL ACCESS PASS!!!
Go to all of the classes you want for 7 weeks.
Only \$0.59/ class!!

Advanced Strength & Conditioning: Take your weight training workout to the next level! This class is for the person who has a little knowledge about strength training but wants to learn how to increase the difficulty and intensity of their workouts. Be ready to see results!

Cardio Kickboxing: This class combines traditional kickboxing, Krav Maga and Muay Thai to push you mentally and physically. You will stretch, kick, punch, elbow and knee your way into great shape. The class will use focus mitts, kick shields, heavy bags, BOSU balls and medicine balls. Come prepared to “GET IT ON!”

Evening flow: In this vinyasa flowing class you will increase flexibility, neuromuscular efficiency, control body posture, balance, and improve your strength. This class combines low impact yoga muscle movements to efficiently work together in motion. Challenge your body’s limits while emphasizing relaxation and the mind/body connection. Expand your exercise regimen to include overall toning and strengthening moves that also work the inner mechanisms of the body. End your day by de-stressing and unwinding with a relaxing “evening flow”!

H₂O Fitness: Enjoy an efficient workout in our Club pool without the impact on your joints & bones. This class is designed to strengthen your whole body while utilizing the resistance of the water with paddles. Benefit from your workout without feeling any pain.

NEW!Pilates Core: This class will focus on strengthening the entire core including the lower back and obliques as well as a standing Pilates series. This class is great for overall toning as well as gaining strength and flexibility throughout the entire body. You won’t leave the gym all sweaty, but you will start the day feeling strong, fit and ready to face the day!

Power cycle: This indoor group cycling class is a lot like spinning but with a FUN twist! Your instructor & a visual projection will simulate a real-life road course. You will go up and down hills, over jumps and through speed intervals by using your specially designed bike. This is a great cardio workout and a lot of FUN too! This is a great class for people trying to lose weight and/or improve their endurance.

Total BOSU: Challenge yourself in a full-body workout by using the BOSU Ball. This class is designed to identify and strengthen your inner as well as outer core muscles. This is a great class for people of all fitness levels, whether you’re a beginner or an athlete! Be ready to be introduced to some “new muscles” that you never knew you had.

Yoga Groove: This is an upbeat Yoga class focusing on vinyasa flowing sequences done to a wide variety of fun new music. This class will incorporate strengthening sequences, balancing poses, stretching, and even some Pilates core work. Come and join the fun and get in the groove!

Zumba: Do you like to dance? Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout designed to be FUN and Easy To Do! Learn steps to mambo, salsa and meringue all while getting a great workout. Routines include dance steps & resistance training combined to sculpt your body while burning fat.

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