







Summer 2012 Group Fitness Programs

Session #1

May 7th – June 22nd

	Monday	Tuesday	Wednesday	Thursday
9:00 – 9:50am	Morning Boot Camp Erin 		Morning Boot Camp Erin 	
12:30 – 1:20pm	BOSU Core Brian	H₂O Fitness Kristi	BOSU Core Brian	H₂O Fitness Kristi
4:00 – 4:50pm	Zumba Breanna	Beach Body Jeff 	Zumba Breanna	Beach Body Jeff 
5:30 – 6:20pm	X-Fit Matt	Cardio Kickboxing Tiffany	X-Fit Matt	Cardio Kickboxing Tiffany

- A valid and current group fitness ID or day pass is required for participation in any class.
- H₂O Fitness will meet in the Club Pool.
- Beach body class will meet in the aerobics studio and may be held outdoors when weather permits.

- Morning boot camp and X-Fit will meet in the alternative fitness room on the 1st floor, the 4th floor and may also sometimes meet outside when weather permits
- 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...



Choose from the following options:

\$10

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

\$50

F1T 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 \$0.89/ class!!

BOSU Core: 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.

NEW! Beach body workout: This class is specifically geared toward targeting areas of your body such as: glutes, thighs, abs/core, toning your arms and any other areas that will help you reach that "beach body" for the summer. In this class you will be doing various forms of strength training with light weights to build long/lean muscle while also burning the fat with high intensity cardio intervals including plyometric & callisthenic movements such as jump rope and more.

Cardio Kickboxing: This class combines traditional kickboxing moves combined with dance moves and energetic music to push you mentally and physically. You will stretch, kick, punch, elbow and knee your way into great shape. The class may use focus mitts, kick shields, heavy bags, BOSU balls and medicine balls. Come prepared to "GET IT ON!"

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

NEW! Morning Boot Camp: This class is a total body workout, incorporating plyometric exercises, bodyweight strength training and interval training. Start the day feeling strong, fit and ready to face the day!

X-Fit: This is a cross-fit inspired class that will incorporate elements of power, strength, endurance and agility by utilizing high intensity training mixed with dynamic body movements. This class is designed to burn fat while building muscle, increase strength while improving endurance, and develop power while increasing agility. The diverse and competitive environment will not only challenge your body, it will also test your mind! Take the next step towards your personal fitness goals.

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.

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.