



FREE GROUP FITNESS CLASS SCHEDULE

FALL 2018-revised 10/2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning/Day Classes				
				Spinning 11:00-11:45a Grace (Court 6)
Weights & Stretch 12:00-12:50p Ian (Court 10)		Weights & Stretch 12:00-12:50p Ian (Court 10)		Restorative Yoga 12:00-1:00p Kelsey (Rm 213)
	H2O Fitness 12:30-1:20p Kristi (Club Pool)	Fitness Walking 12:10-12:55p Linda (Lakehouse)	H2O Fitness 12:30-1:20p Kristi (Club Pool)	
Yoga 4:00-5:00p Kelsey (Rm 213)	Zumba® 4:00-5:00p Alixia (Rm 214)	Yoga 4:00-5:00p Kelsey (Rm 213)	Zumba® 4:00-5:00p Alixia (Rm 214)	
Evening Classes				
Pop Pilates 5:30-6:20p Kristen (Rm 213)		Pop Pilates 5:30-6:20p Kristen (Rm 213)	POUND® 5:30-6:20p Lindy-Ann (Rm 213)	Classes will be held September 10 - December 7 (No classes Nov. 21 -23) Note: Registration is required. Rec/IM Membership or valid Eagle One card is required to access classes.
Spinning 6:45-7:45p Grace (Court 6)		Spinning 6:45-7:45p Grace (Court 6)		
	Strength Training 7:00-7:50p Eric (Court 10)		Strength Training 7:00-7:50p Eric (Court 10)	
Butts & Guts 8:00-8:50p Landis (Rm 214)	20/20/20 8:00-9:00p Eric (4 th Floor)	Butts & Guts 8:00-8:50p Landis (Rm 214)	20/20/20 8:00-9:00p Eric (4 th Floor)	



THIS IS **TRUEMU**™ RECREATION & INTRAMURALS

Class Descriptions:

20/20/20 (4th Floor)

This class focuses on several aspects of fitness. The format is broken down into 20 minutes of cardio, 20 minutes of weightlifting, and 20 minutes of stretching. This is a class designed to provide participants with a constantly changing intensity and will allow you to burn calories while making sure that your weight lifting and mobility goals are reached.

BUTTS & GUTS (Room 214)

This is a class dedicated to exercises that focus on increasing strength and mobility of the “butt and gut”. Strong glutes power your body through movement and are key if you want to be healthier, stronger, faster, or more explosive. Abs are integral for ideal posture and balance.

FITNESS WALKING (Lakehouse)

This class focuses on improving aerobic fitness, increasing your steps and giving you a break from the unhealthy effects of prolonged sitting. Note: During inclement weather, meet at the Rec/IM 4th floor track.

H2O FITNESS (Club Pool)

Enjoy an efficient workout in our Club Pool without the impact on your joints/bones. This is a class designed as a whole body workout utilizing equipment in deep and shallow environments.

POP PILATES (Room 213)

This class is a fun and energetic total-body workout choreographed to Top 40 hits. POP Pilates takes the fundamentals of classic Pilates and gives it a fresh feel so that it is more of a dance than a workout. No muscle goes unworked, and every routine can be modified to meet you at your fitness level. Please bring sticky socks or clean indoor, smooth-bottom shoes.

POUND® (Room 213)

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, the workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

RESTORATIVE YOGA (Room 213)

Balance out your busy week. This is a class designed to guide you through a series of relaxation and stretching exercises to help boost your mood and increase your flexibility. At the end of the class, you will feel relaxed and rejuvenated.

Yoga mats provided.

SPINNING (Court 6)

This class offers a cardio workout on stationary bikes simulating a real-life road course. You will incorporate targeted movements and RPM training in order to tone your body and build overall strength. This high intensity class will burn calories and build cardiovascular strength.

STRENGTH TRAINING (Court 10)

Strength Training is a class that is best suited for participants looking to increase overall body strength through multiple compound movements. Participants will learn the fundamentals of strength training using barbell and dumbbell exercises that promote an increase in power, strength, and muscle size. This class will be centered around the overhead press and back squat while including multiple accessory exercises to help you reach your fitness goals!

WEIGHTS & STRETCH (Court 10)

This is a class designed to offer a comprehensive and challenging workout for novice to advanced participants. The focus is on taking participants through a hybrid training session improving functional movement (seven basic human movements) while incorporating fun and active dynamic movements, static stretching and breathing exercises to create a more balanced approach to health.

YOGA (Room 213)

Yoga is a class designed for all body types, at any level. Focus is on your breath and body. The class is comprised of strength-building, balancing, relaxation, and stretching yoga poses. You will experience increased energy and vitality. Yoga mats provided.

ZUMBA® (Room 214)

Ditch the workout and Join the Party! Zumba combines hypnotic world music rhythms and tantalizing moves to create a dynamic fitness experience designed to be FUN and EASY to do! Learn dance steps while torching calories and burning fat. Routines combine high and low intensity intervals designed to increase your endurance, flexibility, balance and strength. Come to class, and you will see why ZUMBA® is “exercise in disguise.”

