



GROUP FITNESS SCHEDULE – FALL 2009



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 – 8:50am	SPINNING® Candida		SPINNING® Candida		SPINNING® Katie		
11:25 – 11:50am		Sizzlin Abs Catherine		Sizzlin Abs Catherine			
1:00 – 1:50pm						SPINNING® Catherine	
2:00 – 2:50pm						Butts & Guts Catherine	Total Body Blast Catherine
3:00 – 3:50pm	Butts & Guts Kelly F		Butts & Guts Kelly F		Total Body Blast Catherine		Butts & Guts Catherine
					Butts & Guts Kelly A		
4:00 – 4:50pm					Turbo Kick® Kelly A		
					Intermediate Yoga Delia		
5:00 – 5:50pm	SPINNING® Kelly A	Turbo Kick® Kelly A	Total Body Blast Kelly A	Total Body Blast Kelly A			SPINNING® Endurance Ride 5:00-6:30pm Katie
				Zumba® Jessica			
6:00 – 6:50pm		Vigorous Yoga Delia	PiYo® Cheryl	Yoga Basics Delia			
		SPINNING® Katie		Aqua Fitness (Pool) Cheryl			
		Aqua Fitness (Pool) Cheryl					
7:00 – 7:50pm	Intermediate Yoga Delia	Powertone Kelly F	Turbo Kick® Sara	Powertone Kelly F			
8:00 – 8:50pm	Zumba® Jessica	Butts & Guts Sara	Zumba® Jessica	Butts & Guts Sara			

Non-Shaded Boxes = Studio A

Shaded Boxes = Studio B

Begins September 3rd ...Ends December 11th . Please see reverse side for class descriptions.

NOTE: Schedule is subject to change. Revised September 28, 2009. – Check RecPlex Website for Updates

CLASS DESCRIPTIONS

BUTTS AND GUTS: This class can vary with instructor but often takes place on the mat with some intense crunches, leg lifts, back exercises, and push-ups. Resistance bands and stability balls are used, along with some squats and lunges. Breaking a sweat is a definite!

PIYO®: Challenge your mind and body while improving muscle control, coordination, core strength, and flexibility. PiYo builds strength from the inside out by combining Pilates and Yoga into one class that is sure to get you toned!

POWERTONE: This class specializes in free weights, resistance bands and body toning movements. Come to this class to help shape up quick, while adding strength and power!

SPINNING®: This intense workout incorporates basic cycling moves, cardio, and strength based on time, speed, and recovery. BE SURE to bring a towel and water bottle!

*Endurance Ride: The same intense group cycling workout for 90 minutes!

SIZZLIN ABS: Be ready for 25 minutes of pushing your abs to the limit! Tone that tummy with the different abs exercises offered in this jam-packed class that will have your stomach sizzlin!

TOTAL BODY BLAST: This “boot camp”-like class includes jumping rope, crunches, squats and other cardio moves that will help tone your body. The other half of the class is strictly on the spinning bikes to promote strength and endurance! Be ready to sweat it out!

TURBO KICK®: This kickboxing class is unique because of the upbeat music and incorporated dance moves that help tone muscle and get fit, while still kicking, punching and shaking your body! No kickboxing or dance background is needed, but don't shy away from letting loose and having a good time!

YOGA: Unite your mind, body, and spirit through this discipline of rhythmic movement, breathing techniques, and deep relaxation. Please note the three different levels, Basic, Intermediate and Vigorous.

ZUMBA®: Zumba is a dance aerobic workout that uses footwork and body movements from Salsa, Merengue, Cumbia and other Latin dances all to the beat of sizzling hot Latin rhythms.

CLASS TIPS:

- Clothing – Appropriate clothing includes, sweat pants, shorts and a t-shirt. All shoes should be comfortable athletic shoes with good support and non-marking soles.
- Setting and Achieving Goals – One of the easiest ways to achieve your fitness goals is to make exercise a part of every day. Plan exercise into your list of priorities each day and you cannot lose. Please remember good results take time, so be patient and have fun!
- Pre-Workout – Avoid eating 1-1.5 hours prior to the beginning of class time to help avoid cramps or nausea. Drinking water is highly recommended before during and after class.
- Class Admittance – A UD Group Fitness Pass is required for admittance. Class size may be limited due to equipment or space requirements. Therefore for safety reasons classes are available on a first-come, first-served basis.

For safety precautions, please do not arrive to class any later than the posted start time. Thank you for participating and cooperating!

Please direct and questions or concerns about group fitness to:

Johnny Chase (Assistant Director for Fitness) 937-229- 2705 or johnny.chase@notes.udayton.edu

*Participants understand that physical activities contain an element of inherent danger including serious injury or even death. Participation in all activities is on a voluntary basis at the individual's own risk. All participants are strongly encouraged to undergo a physical examination and consult with their personal physician indicating fitness level appropriateness for strenuous activities prior to participating in any activity.