

Group Fitness Schedule
Spring 2017
January 17 - April 26, 2017
\$68.00



Studio A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 pm				Power Yoga Will			

Studio B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am	Indoor Cycling Eric L		Indoor Cycling Eric L				
11:15 - 12:00 pm						Power Yoga Niki	
12:00 - 12:45 pm	Interval Training Becky				Hatha Yoga Jumin		
4:15 - 5:00 pm							Indoor Cycling Lindsay
5:15 - 6:00 pm		Traditional Yoga Vishnu					Beginner's Hatha Yoga Jacqueline
5:45 - 6:30 pm	Indoor Cycling Lindsay		Cycle/Abs Eric	Ride N Glide Eric/Warin			
6:15 - 7:00 pm		Gravity Larissa					
6:45 - 7:30 pm			Dance Fitness Lindsay				
7:45 - 8:30 pm	Zumba Lindsay		Yin & Yang Yoga Niki				
8:45 - 9:30 pm	Hatha Yoga Will						

Studio C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 pm		Lift Saidah	Boot Camp Becky	Core and More Saidah	MetCon Leigh	Zumba Jackie	
4:00 - 5:00 pm							
5:15 - 6:00 pm	Core Fusion Angelique	Body Tone Angelique	Body Shred Lindsay	Cardio Fusion Angelique			
6:15 - 7:00 pm	Power Hour Madeline	Unlocking the Core Adam		RIP Larissa			
7:15 - 8:00 pm		Barre Pilates Madeline		Zumba Alex			

Fitness Center & CRC Lobby

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:45 am			Stairs, Hills, & Strength Becky <small>*CRC Lobby/Campus</small>				
12:00 - 12:45 pm		TreadFit Becky Fitness Floor		TreadFit Becky Fitness Floor			

Drop-In Water Fitness ONLY - \$45.00

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:30 am	Deep Water Fitness Rudy	H₂O Extreme Georgia	Deep Water Fitness Rudy	H₂O Extreme Georgia	Deep Water Fitness Rudy		
5:30 - 6:15 pm	H₂O Extreme Rudy		H₂O Extreme Rudy				

H₂O Xtreme classes are held in the leisure pool.
 Deep Water Fitness classes are held in the Diving Well.
Instructors, class formats and class locations subject to change

CLASS NAME	DESCRIPTION
BARRE PILATES	A combination of the most effective ballet-inspired barre and core-strengthening Pilates exercises. Each class includes several low-impact, highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs. You will use the barre, small balls, and small hand weights to tone, strengthen, lengthen, and stretch your body to fun, motivating music!
BODY SHRED	BODYSHRED™ is a 3 dimensional, full body, dynamic metabolic training. You're always moving, there are no breaks, no delays; it is literally non-stop for 30 straight minutes once the music starts. Utilizes a 3-2-1 interval approach to whole body circuit training (3 min. of strength, 2 min. of cardio, 1 min. of abs), the class can be modified for any fitness level.
BODY TONE	Participants use a combination of hand weights, body bars, resistance bands, stability and medicine balls to tone and strengthen the body.
BOOT CAMP	This is the ULTIMATE interval class. Forget the tricky choreography of aerobics; this class is geared to give you a total body conditioning workout without all of the frill!
CARDIO FUSION	This class combines all kinds of cardiovascular exercises, such a kickboxing, step, interval training, and more, to make sure you get that heart rate up and sweat a little!
CORE AND MORE	This is an interval training class which focuses and is based on core strength and stability.
CORE FUSION	This is a class incorporates Pilates techniques, as well as other core exercises, that will strengthen and lengthen your core in every way. Stretching movements will also be incorporated as we tone up this group of muscles that are important for everyday life.
CYCLE/ABS	A challenging combination of indoor cycling and core exercises. *Please arrive 10-15 minutes early for bike set-up.
DANCE FITNESS	This class incorporates Latin, hip-hop, and Top 40 music in a cardio workout. You'll salsa, shimmy, shake, jump, squat, and everything in between, in a challenging, but fun workout! Classes are challenging, but easy to follow and fun!
DEEP WATER FITNESS	A challenging water workout in the diving well with flotation belt assistance and without any of the impact! Great for increasing muscle tone, endurance, and flexibility.
GRAVITY	A challenging workout on the gravity machine that uses your own body weight to tone and strengthen. All fitness levels are welcome. It's a workout that will have you in a puddle of sweat.
H2O EXTREME	Experience the benefits of this non-weight-bearing form of exercise by taking advantage of the water's liquid resistance power.
HATHA YOGA	Focusing on yoga poses (asanas) and breath-control (pranayama) to achieve greater strength, flexibility, balance, and body-awareness. Students will practice both powerful muscular engagement as well as relaxation to find a more balanced practice. All levels welcome.
HIIT	High Intensity Interval Training. Alternating periods of short, intense anaerobic exercise with lower intensity recovery, this class is a great fat-burning cardio workout. All are welcome, though the exercises are usually medium to high impact so those who have joint issues are advised to take modifications.
INDOOR CYCLING	You can cycle your way through this intense indoor cycling ride of climbs, sprints, and flat roads in an upbeat and fun atmosphere while you control your own intensity! *Please arrive 10-15 minutes early for bike set-up.
INTERVAL TRAINING	Combining intense cardio and resistance intervals, this fast-moving class will provide a total body challenge.
LIFT	Developing functional strength is learning to complete a movement with proper form at the appropriate weight. Look your best while getting stronger with Lift.
METCON	MetCon, or Metabolic Conditioning, uses structured periods of work and rest to make this one of the most efficient workouts you can do. MetCon incorporates bodyweight plyometrics, tools like medicine balls and dumbbells for sculpting, and circuits of compound movements to push your body to the next level. MetCon workouts power through bursts of aerobic and anaerobic activity to burn calories and raise your metabolic rate, giving you a full body workout in just 45 minutes!
POWER HOUR	An hour's worth of head to toe strength training with cardio intervals. Burn out all your major muscle groups in this exciting fast pace class! Modifications will be made for all fitness levels.
POWER YOGA	An invigorating yoga practice, focusing on strength, endurance, and alignment. This class will incorporate fast moving flows and unique balances designed to increase your heart rate via a low impact workout. Some yoga experience is recommended, but all levels are welcome.
RIDE-N-GLIDE	If you're looking for an intense cardio workout while also enjoying the toning benefits of the GRAVITY machines, this class merges both cycling and strength intervals. Spend half of your time on the GRAVITY and half on the bike, allowing you to get an entire body workout in one hour.
RIP	A dumbbell-based full body strength training workout that is designed to be safe and effective with options for all fitness levels. ACSM recommend you get at least 2 days a week of total body muscular conditioning a week. Are you getting your weekly doses? You'll leave this class with the knowledge to continue your training outside of the studio.
SPLASH	This total body, deep water fitness class is aimed at improving strength and cardiovascular health. Not your typical water aerobics this class is high intensity but a lot of fun. All fitness levels are welcome and accommodated.
STAIRS, HILLS, & STRENGTH	Utilizing form, strength, and lots of heart-racing practice, this class will prepare you to not just climb but conquer hills. This class will meet in the lobby of the CRC but take place outside, weather permitting. All paces welcome.
TRADITIONAL YOGA	An integrated approach of yoga which includes Postures, Breathing, Stress Releasing Techniques and Meditation. Experience the traditional way of practicing yoga of the original traditions of India. All levels welcome!
TREADFIT	Experience the benefits of this cardiovascular class taught on the treadmill. This class is based on Fartlek training and utilizes intervals with varying speeds and ramp heights. Great for runners!
UNLOCKING THE CORE	This class is designed as a circuit based training program to strengthen the core for endurance athletes with an emphasis on runners, however all are welcome. The purpose of this class is to teach people how to engage and strengthen their core muscles with a variety of technical exercises and purposely designed circuits geared to strengthen all muscle weaknesses which may limit athletic performance and to provide improved stability to help decrease injuries.
YIN & YANG YOGA	This class will start off with rounds of Sun Salutations and dynamic and strengthening poses (Yang). The second part of class will be a Yin practice. We will hold poses for longer periods of time, focusing on the deeper tissues of the body and approach a deeper state of relaxation.
ZUMBA	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Participants achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate life!

*NOTE: All classes are 60 minutes unless otherwise noted and include time for set up, proper warm-up, cool down, and breakdown. For safety, no one will be admitted into any GIT FIT class after the first 10 minutes—NO EXCEPTIONS. Participation in classes using equipment is limited and will be on a first come, first served basis. Classes may be cancelled due to low attendance.