

# Group Fitness Schedule

Summer 2017

May 22 - July 25, 2017

\$58.00



## 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						Vinyasa Flow Niki	
12:00 - 12:45 pm					PIYo Carly		
4:15 - 5:00 pm							Indoor Cycling Lindsay
5:15 - 6:00 pm		Power Yoga Will					Beginner's Hatha Yoga Jacqueline
5:45 - 6:30 pm	Indoor Cycling Eric M		Cycle/Abs Eric M	Ride N Glide Eric L/Warin			
6:15 - 7:00 pm		Gravity Larissa					
7:45 - 8:30 pm	Hatha Yoga Will		Yin & Yang Yoga Niki	Zumba Lindsay			

## Studio C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 pm		Lift Saidah		Core and More Saidah	Weekend Ready Saidah	Zumba Jackie	
4:00 - 5:00 pm							
5:00 - 5:45 pm		Cardio Tabata Jacqueline		Traditional Yoga Vishnu			
5:30 - 6:00 pm	Back to Abs Lindsay		Back to Abs Lindsay				
6:15 - 7:00 pm	Dance Fitness Angelique		Body Tone Lindsay	Power Hour Madeline			
7:15 - 8:00 pm	Body Shred Lindsay		Barre Pilates Madeline	RIP Larissa			

## Run into Summer 10K Training

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 pm	10k Training Becky *Studio B/CRC 5th Floor Track	TreadFit Becky Fitness Floor	Boot Camp Becky *Studio C	TreadFit Becky Fitness Floor			

H<sub>2</sub>O 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
BACK TO ABS	A class devoted to strengthening the core muscles which consists of the abdominals and the lower back to improve posture, balance, and overall coordination.
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 TABATA	Do you Tabata? 4 minutes of 20:10 high intensity intervals to add variety to your anaerobic and aerobic training. Exercises designed to challenge your strength, power, and drive. You can handle anything for 20 seconds! Join us for a high energy class and experience a new approach to fitness.
CORE AND MORE	This is an interval training class which focuses and is based on core strength and stability.
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!
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.
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.
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.
PIYO	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.
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.
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!
VINYASA FLOW	This invigorating yoga practice will integrate vinyasa (coordinating movement with breath) with some held postures to balance strength and freedom.
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.*