

Finals Week Group Fitness Schedule

Spring 2017

April 27 - May 4, 2017

FREE FOR ALL CRC MEMBERS



Studio B	4/27/2017	4/28/2017	4/29/2017	4/30/2017	5/1/2017	5/2/2017	5/3/2017	5/4/2017
Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
6:45 - 7:30 am		Indoor Cycling Eric L			Indoor Cycling Eric L		Indoor Cycling Eric L	
11:15 - 12:00 pm			Vinyasa Flow Niki					
12:00 - 12:45 pm		PiYo Carly			Interval Training Becky			
4:15 - 5:00 pm				Indoor Cycling Lindsay				
5:15 - 6:00 pm				Hatha Yoga Lindsay		Traditional Yoga Vishnu		
5:30 - 7:30 pm					Spin & Screen Eric L & Eric M			
5:45 - 6:30 pm	Ride N Glide Eric/Warin						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							Yin & Yang Yoga Niki	
8:45 - 9:30 pm					Hatha Yoga Will			

Studio C

Time	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
12:00 - 12:45 pm	Core and More Saidah	MetCon Leigh	Zumba Lindsay			Lift Saidah	Boot Camp Becky	Core and More Saidah
4:00 - 5:00 pm								
5:15 - 6:00 pm	Cardio Fusion Angelique						Body Shred Lindsay	Power Yoga Will
5:30 - 6:00 pm					Back to Abs Lindsay			
6:15 - 7:00 pm	RIP Larissa				Power Hour Madeline	Barre Pilates Madeline		RIP Larissa
7:15 - 8:00 pm	Power Yoga Will				Zumba Lindsay			Cardio Kickboxing Madeline

Fitness Center & CRC Lobby

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

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.
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!
CARDIO KICKBOXING	Participants get a well-rounded and high-intensity cardiovascular workout using kicks, punches, blocks, and more and will leave you feeling like a champ.
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.
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!
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.
SPIN & SCREEN	This event is FREE for all CRC patrons. Join us as we cycle through a movie. Snacks and refreshments are provided and we will take rest breaks along the way. Space is limited so arrive early!
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.
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 a Yin practice. We will hold poses for longer periods of time, focusing on the deeper tissues of the body to approach a deeper state of relaxation. The class will end with Sun Salutations and strengthening poses, the Yang portion of the class.
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.