

Spring 2023 – Schedule January 9th- April 21st

GROUP FITNESS

- Complementary week: January 9th-15th
- Semester Price: Student -\$73 Non-student -\$78
- Registration information on back



OTHER CAMPUS LOCATIONS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM-9:45 AM						Yoga Flow Niki Reflection Center
4:00 PM- 4:45 PM		Pop Pilates Ariana **NAV Gym				

STUDIO B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 AM-12:00 PM		Interval Training Becky		Interval Training Becky		
12:00 PM-12:45 PM					Sport Athletic Training Saidah	
5:00 PM -6:00 PM		Boot Camp Dana	Body Tone w/Abs Dana			
6:15 PM-7:15 PM		Mat Pilates Dana	Boot Camp Dana	Power Pilates Dana		
7:45 PM-8:30 PM			Hatha Yoga Niki			

STUDIO C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM- 9:45 AM					Pop Pilates Ariana Start Jan 20th	
10:45 AM-11:30 AM			Yoga Flow Dana			
11:45 AM-12:30PM			Zumba Dana			
12:00 PM-12:45 PM		Lift Saidah		Core & More Saidah		
4:30 PM-5:05 PM			PIIT Ariana			
5:00 PM- 5:45 PM				Zumba Dana		
7:45 PM- 8:45 PM	Salsa Salsa Club					

LEADERSHIP CHALLENGE COURSE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 AM-12:00 PM	Boot Camp Becky		Boot Camp Becky			

CYCLING ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 PM- 6:30 PM	Indoor Cycling Eric M.		Cycle / Abs Eric M.			

CLASS NAME	DESCRIPTION
BODY TONE w/Abs	Participants use a combination of hand weights, body bars, resistance bands, stability and medicine balls to tone and strengthen the body.
BOOTCAMP	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 the frill!
CORE AND MORE	This is an interval training class, which is based on and focuses 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.
HATHA YOGA	We will work on gentle yoga sequences and hold classical poses while focusing on body alignment and breath work. During this cooling class, you will develop flexibility, balance, endurance, and strength while focusing on relaxation and mindfulness.
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.
PIIT	Pilates Intense Interval Training. It is the core sculpting precision of Pilates fused with the fat burning power of HIIT in around 35 minutes. This class will make you sweat leave you feeling accomplished!
MAT PILATES	A strength format of exercises that consists of low-impact muscular strength, endurance, and flexibility. Pilates emphasizes proper postural alignment, core strength and muscle balance. Some extra stretching is added to the end of class to increase flexibility. Exercises can be modified for beginner or challenged to encourage more increased strength.
POP PILATES	POP Pilates combines dance choreography with Pilates moves for an intense total body workout that is FUN and effective. We will put the CORE in coordination while also working our legs, arms, backs and booties! ALL levels are welcome as every exercise can be modified to fit the needs of the class participants. You will leave feeling sweaty, strong and ready to take on MORE. ** Pilates in NAV Gym is open to GT Housing residents and their guests. As being a part of Healthy Hives events.**
POWER PILATES	Power Pilates is similar to traditional Pilates exercises but with more controlled movements, intensity, and variations. It sometimes involves incorporating weights, bands, sliders, rollers, and balls with regular mat or reformer Pilates exercises. Some extra stretching is added to the end of class to increase flexibility.
YOGA FLOW	This class is a flowing yoga practice. We will link breath and movement through a series of postures that will work your strength, endurance, and flexibility. Leave class ready to meet the day with energy and vitality!
ZUMBA	Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away.

***Participation in classes requires a CRC and Group Fitness Membership. To attend a class, you must register prior to each start time. Registration opens 48 hours prior to each class. Use QR code to register. Space is limited.**

*For safety, no one will be admitted into any GIT FIT class after the first 10 minutes (5 minutes for 30-minute class)—NO EXCEPTIONS.

**Instructors, class formats and class locations subject to change.*

**Classes may be cancelled due to low attendance.*

**Classes are non-refundable or transferable.*

No Classes: January 16, March 20th -26th, April 9th.

