

SUMMER 2023 GROUP FITNESS SCHEDULE

- Schedule- May 15- July 28th
- Semester Price: Student - \$63, Non-student - \$68
- Registration **REQUIRED** information below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Outdoor Boot Camp 9:30-10:15 AM Becky LCC	Interval Training 9:30-10:15 AM Becky Studio B	Outdoor Boot Camp 9:30-10:15 AM Becky LCC	Interval Training 9:30-10:15 AM Becky Studio B	Zumba 11:00-11:35 AM Ivy Studio C	Yoga Flow 9:00-9:45 AM Niki Reflection Center
Zumba 11:00-11:35 AM Ivy Studio C	Lift 12:00-12:45 PM Saidah Studio C	Pound 11:00-11:45 AM Dana Studio C	Core & More 12:00-12:45 PM Saidah Studio C	Athletic Training 12:00-12:45 PM Saidah Studio B	
WOD 12:00-12:30 PM Henry Studio B	Zumba 1:00-2:00 PM Dana Studio C	WOD 12:00-12:30 PM Henry Studio B	Power Pilates 5:00-5:45 PM Dana Studio C		
WOD 12:30-1:00 PM Henry Studio B	Boot Camp 5:00-5:45 PM Dana Studio B	WOD 12:30-1:00 PM Henry Studio B	Zumba 6:00-7:00 PM Dana Studio C		
Open Gym 3:15-4:15 PM Henry Studio B	Mat Pilates 6:00-6:45 PM Dana Studio C	Zumba 12:00-1:00 PM Dana Studio C	Indoor Cycling 6:30-7:15 PM Justin Cycling Room		
Indoor Cycling 5:45-6:30 PM Eric Cycling Room	Indoor Cycling 6:30-7:15 PM Justin Cycling Room	Open Gym 3:15-4:15 PM Henry Studio B			
		Body Tone w/ Abs 5:00-6:00 PM Dana Studio C			
		Boot Camp 6:15-7:00PM Dana Studio B			
		Cycling/ Abs 5:45-6:30 PM Eric Cycling Room			
		Hatha Yoga 7:00-7:45 PM Niki Studio B			

Class Types

- Strength
- Cardio
- Combo
- Mind-Body



REGISTER HERE!



*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.

*No classes May 27-29th, June 19 th, July 4th *Instructors, class formats and class locations subject to change.

*Classes may be cancelled due to low attendance.

*Classes are non-refundable or transferable.

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 & 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.
Pound	Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.
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.
Open Gym	All Campus Rec members will have access to studio B during this time. Space is limited to 15 people.
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!
Workout of the Day (WOD)	Looking to complete a different workout today? Checkout the Work Out of the Day option that is created by a Personal Trainer or Group Fitness Instructor.
Zumba	Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away.

