

# Group Fitness Schedule

*Summer 2016 (May 9 - July 29)*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Membership Rates</b></p> <p>Summer: \$60 Month: \$25 One Class: \$5</p> <p><i>Faculty/Staff may be eligible for a 50% refund.</i></p> <p><i>Summer and Month memberships allow access to an unlimited number of classes.</i></p>	<p><b>Sunrise Shred</b> Cecily 6 - 6:50am</p>	<p><b>Cycle &amp; Core</b> Ashley 6 - 6:50am</p>		<p><b>Sunrise Shred</b> Cecily 6 - 6:50am</p>	
	<p><b>Boxing</b> Denton 12 - 12:50pm</p>	<p><b>Zumba</b> Amy 12 - 12:50pm</p> <p><b>TRX</b> Denton 12 - 12:50pm</p>	<p><b>Vinyasa Yoga</b> Lisa 12 - 12:50pm</p>	<p><b>Total Body Conditioning</b> Ashley 11:30am - 12:20pm</p> <p><b>Yin Yoga</b> Lisa 12:30 - 1:20pm</p>	<p><b>Cardio Kickboxing</b> Bobby 12 - 12:50pm</p>
	<p><b>Cardio Kickboxing</b> Bobby 5:30 - 6:20pm</p>	<p><b>Yinyasa Yoga</b> Jen 5:15 - 6:05pm</p>	<p><b>Mat Pilates</b> Phyllis 5:30 - 6:20pm</p>	<p><b>Cardio Hip Hop</b> Amy 5:30 - 6:20pm</p>	

*Classes are held in the Harilela Tennis Stadium, except TRX which is held in The Cage. Map and descriptions are on the back.  
Schedule is subject to change. Visit our website for the most up to date schedule.*



# Class Descriptions & Locations

## Total Body Conditioning

Want to target every muscle group in your body and get a cardio workout? This class is for you! You'll do cardio and strength intervals using a wide variety of equipment to burn some serious calories and get strong and fit.

## TRX

Train like a Navy Seal! They developed this suspension training device that uses your own body weight to strengthen and tone your entire body, improve your balance and core stability, and crank up your metabolism!

## Sunrise Shred

Participants will experience a total body strength and conditioning workout incorporating all of the major muscle groups and using a variety of equipment including dumbbells, weighted bars, BOSU's, partner work and more. Cardiovascular drills and resistance training followed by core work and stretching will leave you feeling balanced and accomplished. Nothing is off limits in this class.

## Boxing

Who doesn't love hitting stuff? Don't worry, you'll only hit the bags, not each other. Gloves are provided. Learn to jab, hook, uppercut, knee, duck, and kick as you reshape your body inside and out.

## Cardio Kickboxing

Kick, punch and sweat your way fit with this high-energy class. Utilizing traditional kickboxing moves and combinations, participants can expect a total body workout.

## Cycle & Core

This fusion class delivers a high intensity cycle workout combined with core exercises. The class begins by building endurance and breaking a sweat on the bike and then transitions to exercises off the bike designed to strengthen and tone your abs, lower back, and hips.

## Zumba

A dance-fitness class, this format features exotic dance moves set to high-energy Latin and international beats. The combination of slow and fast rhythms will tone and sculpt the body.

## Cardio Hip Hop

A dance-based cardio class designed to get you moving to a variety of hip hop songs. Sweat out your stress with fun hip hop moves that will strengthen and sculpt your body.

## Mat Pilates

A perfect blend of muscle toning, flexibility, and balance, this class will emphasize the basic of Pilates while offering challenging variations for more advanced attendees. Expect a strong, toned, healthy core as you learn proper spinal alignment and train the deep muscles of your core.

## Vinyasa Yoga

This style of yoga connects breath and movement to create a flowing class. Postures are blended together in different combinations creating a unique experience each and every time.

## Yin Yoga

A restorative practice designed to release tension and calm the nervous system. Participants will passively stretch and energize the deep connective tissues of the body, open the joints, and restore alignment. Yin yoga compliments a more active practice (Yang) by improving flexibility, ease and balance.

