

Fitness Class Schedule

Spring 2012

Registration can only be completed in person at the RecPlex.
Individuals cannot register for another person.

- **Undergraduate Registration:**
Friday, January 27, 2012 (2 – 5 p.m.)
- **Grad/University College/Faculty/Staff Registration:**
Monday, January 30 starting at 9 a.m.



Class	Time	Instructor	Full-Time Undergrad	Graduate & University College	Faculty & Staff
Monday					
Yoga Flow	4:30 - 5:45 p.m.	Jeannie	\$40	\$50	\$120
Abs & Sculpting	6:15 - 7 p.m.	Deborah	\$35	\$45	\$80
Belly Dancing	7:15 - 8 p.m.	Deborah	\$35	\$45	\$80
Class Dates: 2/6, 2/12, (No Class 2/20) 2/27, 3/5, 3/19, 3/26, 4/2, (no class 4/9) 4/16, 4/23, 4/30					
Tuesday					
Core Yoga	4:30 - 5:45 p.m.	Jeannie	\$40	\$50	\$120
30-Min. Aerobic Blast	6 - 6:30 p.m.	Sue Ellen	\$30	\$40	\$70
Total Conditioning	6:45 - 7:45 p.m.	Sue Ellen	\$40	\$50	\$80
Class Dates: 2/7, 2/14, 2/21, 2/28, 3/6, 3/20, 3/27, (no class 4/3), 4/10, 4/17, 4/24					
Wednesday					
Yoga Flow	12:15 - 1:30 p.m.	Jeannie	\$40	\$50	\$120
Yoga Flow	4:30 - 5:45 p.m.	Jeannie	\$40	\$50	\$120
Sculpt 'n Crunch	6:15 - 7 p.m.	Marcy	\$40	\$50	\$80
Class Dates: 2/8, 2/15, 2/22, 2/29, 3/7, 3/21, 3/28, (no class 4/4), 4/11, 4/18, 4/25					
Thursday					
Cardio Fusion	12:15 - 1:15 p.m.	Carol	\$40	\$50	\$80
Total Conditioning	6:45 - 7:45 p.m.	Sue Ellen	\$40	\$50	\$80
Class Dates: 2/9, 2/16, 2/23, 3/1, 3/8, 3/22, 3/29, (no class 4/5), 4/12, 4/19, 4/26					
Friday					
Cardio Blast	9 - 10 a.m.	Carol	\$40	\$50	\$80
Class Dates: 2/10, 2/17, 2/24, 3/2, 3/9, 3/23, 3/30, (no class 4/6), 4/13, 4/20, 4/27					

Note: Class schedule subject to change.

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Class Descriptions

30-Minute Aerobic Blast	Hi/low impact dance aerobics. Warm up to a high energy cardiovascular conditioning and endurance workout. Safe for all fitness levels. Burn calories and reduce stress!
Abs & Sculpting	Class focused on sculpting and training the upper body as well as the legs, glutes and abs.
Belly Dancing	Learn the art of Middle Eastern Dance. Works your lower torso, hips, shoulders, and arms.
Cardio Blast	Cardio combos plus interval training formats that will kick your butt!! Fun and exhilarating.
Cardio Fusion	High/low cardio intervals followed by focused circuit training. Come and sweat!
Core Yoga	Yoga class with special emphasis on building core body strength.
Sculpt 'n Crunch	Targeting muscle strength and endurance of all major muscle groups utilizing light and heavy weights. Abdominal exercises will improve core, strength, balance, and posture. This class squeezes a 60-minute workout into 45 minutes.
Total Body Conditioning	Total body conditioning using weights, balls, and tubes to strengthen every major muscle group with specific emphasis on the core. Flexibility, balance, posture, and breathing are included to round out this great workout.
Yoga Flow	Whether you are brand new to Yoga, have taken a few classes, or have extensive experience, this class will focus on both posture and breathing exercises, from the very basic to the advanced. You will become more flexible, toned, and stronger while at the same time release tension and find peace within yourself.