




FALL 2009 GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 am Kickboxing w/Mandi PH 102	7 pm Water Fitness w/Bethany HC POOL	11 am Sweatshop w/Mandi PH 102	7 pm Water Fitness w/Bethany HC POOL	12 pm Awesome Abs w/Alexis PH 102
3 pm On the Ball w/Amanda PH 102	8 pm Pilates w/Kelsey PH 102	2 pm Flab2Ab w/Maria PH 102	8 pm Step w/Larisa PH 102	<div style="border: 1px solid black; padding: 5px;"> Questions or concerns? Call Jen Myers, Fitness Coordinator, at 389-3269 </div>
4 pm Accumulator w/Jen PH 102	<div style="border: 2px dashed black; padding: 5px;"> Remember to bring a second pair of clean shoes to help keep our floor new! This is especially important in the winter months. </div>	3 pm Zumba w/Amanda PH 102		
5 pm Step w/Brittany PH 102		4 pm Accumulator w/Jen PH 102		<div style="border: 2px dashed black; padding: 5px;"> Check out the "fitness programs" flyer (pink color) for even more fitness opportunities, including Maverick Boot Camp, Run Across Minnesota, the 20 Ton Challenge and an AFAA Personal Trainer Certification workshop! </div>
7 pm Power w/Maria PH 102		5 pm Kickboxing w/Brittany PH 102		
8 pm Yoga w/Kelsey PH 102		8 pm Butts-n-Guts w/Kelsey PH 102		

NO CLASSES on September 7th (Labor Day)
Or November 26th/27th (Thanksgiving)

Class descriptions on reverse

Faculty and staff must purchase a Otto Recreation Center Membership to be eligible for classes. The cost is \$100 per semester and invoices are available in MF 118 or by the front desk in Otto.

CLASS DESCRIPTIONS

(all classes are 55 minutes in length unless noted)



ACCUMULATOR: Take one exercise, add another, and another, and pretty soon you have a 45 minute workout that exhausts you yet leaves you feeling fired up at the same time. The class is different every day and will get harder as the semester progresses.

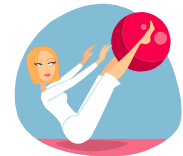
AWESOME ABS: Start your weekend early with some core busting moves. A strong core translates into stronger muscles in the rest of your body, so be sure to give your abs the attention they need!

BUTTS –n-GUTS: Tones you up while working muscles you didn't even know you had! This workout is fun, addictive and helps you develop a leaner, stronger and more flexible core.... a basic building block of any fitness program! You're guaranteed to feel the burn!!!

FLAB2AB: This 30 minute high energy class is packed full of abdominal and lower back strengthening and stabilizing exercises. Be ready for a total core workout!

KICKBOXING: Jabs, uppercuts, hooks, and lots of kicks are what you will find in this class. Put all of these moves together and add some music and you have a great cardiovascular workout with a lot of upper and lower body conditioning.

ON THE BALL: All exercises in this class are performed "on the ball". You'll execute moves to strengthen your core, improve balance, and improve stability. Limit 15 people (unless you bring your own ball).



PILATES: The Pilates method engages the mind and body in a series of exercises designed to build strong and flexible muscles without adding bulk. Each exercise improves posture, lengthens and tones muscles, and increases abdominal and back strength. An emphasis in fluidity of movement and connection with breath leaves you feeling reenergized, not exhausted. This is a general Pilates class that will progress over the semester.

POWER: After a stretching warm up, this class will focus on legs, butts and abs to really turn up the power in your lower body. Be prepared to feel the burn and break a sweat!

STEP: Step class is taught on a multi-level format to meet the needs of all participants. Various options will be given to accelerate the class or to take it down a notch. Muscle toning and strengthening will be added to increase the total body workout

SWEATSHOP: This boot camp style class has fast moving circuits that combine heart pumping cardio exercises with resistance training moves. You'll leave feeling exhausted but exhilarated!



WATER FITNESS: A total body workout without the aches and pains of impact. Using the water as resistance, both deep and shallow cardio moves get your heart rate high but keep your body temperature low. Specialized equipment is also used to tone your body. No swimming ability required - Splash on in! You'll need your Mavcard to enter the pool through the Otto Rec Center.

YOGA: This is a complete body workout using static and fluid postures. Yoga increases your flexibility and maintains the range of motion in your joints. It creates a stronger body while releasing stress and fatigue. All levels welcome. This is a great class for stressed out students!

ZUMBA: Start with Latin music, add intervals of fast and slow rhythms, mix in easy-to-learn dance moves, and you've got a calorie burning machine! No dance experience necessary.

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