





# SPRING 2012 GROUP FITNESS SCHEDULE



Classes start week of Jan 8th unless otherwise noted

Class descriptions on reverse

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 pm YogaSculpt (90 minutes) Kristin HN 225	5 pm Step  Sam PH 102	9 am SPRING BREAK SIX  Kelsey *see back for details	3 pm Step to It  Kristin PH 102	9 am SPRING BREAK SIX  Kelsey *see back for details
	6 pm Yoga  Heather HN 225	4 pm Crunch Time  Darci PH 102	4 pm Accumulator (45 minutes) Jen PH 102	4 pm Crunch Time  Darci PH 102
	7 pm Water Fitness  Kristin HC Pool	5 pm Power Hour  Scott PH 102	5 pm Step  Sam PH 102	5 pm Power Hour  Scott PH 102
<div style="border: 1px dashed black; padding: 5px;">           Remember to bring a second pair of clean shoes to help keep our floor clean! This is especially important in the winter months.         </div>	8 pm Sweat & Burn  Sabaina PH 102	6 pm Step  Sabaina PH 102	 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">           Questions or concerns?            Call Jen Myers,            Fitness Coordinator,            at 389-3269         </div>	
		7 pm Kickboxing  Kelsey HN 225		

Check us out on



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 week and will get harder as the semester progresses.

**CRUNCH TIME:** Combine cardio with core strengthening moves. This great workout will raise your heart rate while increasing the calorie burn around your midsection and challenging your core to be ready when "crunch time" comes.

**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.

**POWER HOUR:** This class is designed to help you with your new year's resolutions or to just get yourself fit. You will see your abs getting tighter as you push yourself to the limit through the core workouts and the pounds shred as you go through the vigorous cardio workouts. This class will be challenging but fun. Bring a jump rope if you have one!



**SPRING BREAK SIX:** This is a six week class which requires an extra \$20 fee. Class meets Tuesday and Thursday at 9 am. You must sign up for this class before January 18th and sign ups are limited to 16 people. This small group training will feature many different modes of exercise and will meet in different locations including Otto, Myers Fieldhouse, and the fitness studio. The instructor will help you set goals for the future and help you develop a lifelong exercise plan. Sign up in HC 1410 (across from the pool) by January 18th.

**STEP:** Step class is taught on a multi-level format to meet the needs of all participants. Muscle toning and strengthening will be added to increase the total body workout.

**STEP TO IT:** Original step class takes a twist! You'll do strength moves on a stability ball plus heart pounding cardio combinations on the step. *Limit 15 people (or bring your own ball)*

**SWEAT N BURN:** Be ready to target your major muscle groups for a total body workout. Basic exercises and combinations will force you to sweat and burn those muscles just the way you like it!

**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!

**YOGASCULPT:** Need some motivation for the upcoming week or a stress reliever from the last? Yoga sculpt is just what you're looking for. Be ready to sculpt every major muscle group. Dumbbells will be used as we move through yoga postures allowing for extra length and depth in each pose. This will be an intense but fun class where you will bring your strength and yoga practice to a new level. It is highly recommended to bring a towel, water bottle and an open mind to each class. Namaste. *90 minutes.*



Instructors have the right to limit class participation due to safety concerns. It is recommended you arrive a few minutes early to get a spot in class. Not all classes are guaranteed to have room.