



# SPRING 2010 GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3 pm ON THE BALL</b>  <b>PH 102 with Kristin</b>	<b>12 pm KICKBOXING</b>  <b>PH 102 with Kelsey P</b>	<b>3 pm ON THE BALL</b>  <b>PH 102 with Kristin</b>	<b>12 pm KICKBOXING</b>  <b>PH 102 with Kelsey P</b>
<b>4 pm ACCUMULATOR</b>  <b>PH 102 with Jen</b>	<b>6 pm STEP</b>  <b>PH 102 with Brittany</b>	<b>4 pm ACCUMULATOR</b>  <b>PH 102 with Jen</b>	<b>4 pm HOLLYWOOD</b>  <b>PH 102 with Alexis</b>
<b>5 pm KICK ABS</b>  <b>PH 102 with Alexis</b>	<b>7 pm H<sub>2</sub>O FITNESS (in the pool)</b>  <b>with Kristin</b>	<b>5 pm STEP</b>  <b>PH 102 with Brittany</b>	<b>6 pm KICK ABS</b>  <b>HN 225 with Brittany</b>
<b>6 pm CARDIO CHISEL</b>  <b>HN 225 with Maria</b>	<b>8 pm YOGA</b>  <b>HN 225 with Kelsey H</b>	<b>6 pm POWER</b>  <b>PH 102 with Maria</b>	<b>8 pm STEP</b>  <b>PH 102 with Larisa</b>
<b>7 pm YOGALATES</b>  <b>HN 225 with Kelsey H</b>		<b>6:30 pm FLAB 2 AB</b>  <b>PH 102 with Maria</b>	Check us out on  <b>facebook</b> and  <b>twitter</b>
<b>8 pm BUTTS-n-GUTS</b>  <b>PH 102 with Kelsey H</b>	<div style="border: 1px solid black; padding: 5px;"> <p>Questions or concerns? Call Jen Myers, Fitness Coordinator, at 389-3269</p> </div>	<b>7 pm PILATES</b>  <b>PH 102 with Kelsey H</b>	

Remember to bring a second pair of clean shoes to help keep our floor clean! This is especially important in the winter months.



NO CLASSES on January 18th (MLK Day), Feb 2nd (after 6 pm) or March 8th - 12th (spring break)

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.

**BUTTS -n-GUTS:** Focused on the core and lower body, Butts -n-Guts will give you a great burn! You will do a set of gut busting ab moves followed by a set of lower body toners, all while getting your heart rate going to high energy music. This non-stop class will give you lean, flat abs along with a firm rear. Don't let then name deceive you though, you will feel this workout throughout your entire body!

**NEW!**

**CARDIO CHISEL:** 15-25 minutes of cardio followed by strength using dumbbells, bands and body bars to chisel the perfect physique! Cool down will include balance and core work. This is a moderate to high intensity class and is a great complement to any workout.

**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!

**HOLLYWOOD:** Want to train like the stars? Each week we'll feature a workout from the celebs like Madonna and J. Lo. This might not win you an Oscar or a Grammy, but it will turn some heads your way!

**NEW!**

**KICK ABS:** Extend your fitness level with this core workout designed to strengthen, tone and build your abdominal muscles. Kickboxing and weights may be featured. A "must" class for all shapes and sizes.

**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 and improve balance. 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 30 minute 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

**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!

**NEW!**

**YOGALATES:** This class combines the best of both worlds! We will take modern Pilates techniques and combine them with ancient Yoga disciplines. If you love Yoga or Pilates, you'll be hooked on Yogalates instantly! Participants will develop core strength, increase flexibility, reduce stress and tone muscles all at the same time! All levels welcome!

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.