

Spring
2019

GROUP *fitness*

January 7th - April 26th



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Lower Group Fitness Room						
6:15-7:15am	Rise & Shine Yoga ₂	Cycle Circuit ₃	Cycle ₂	Rise & Shine Yoga ₂	Cycle Circuit ₃	
11:00-11:45am		Yoga Express ₂		Cycle Express ₂		
12:00-1:00pm	Cycle ₂	Bear Bootcamp ₃	Yoga Flow 1 ₁			
4:30-5:30pm	Strictly Strength ₃		Bear Bootcamp ₃	Yoga Flow 2 ₃		
5:00-6:15pm		Ride and Relax ₂				
6:00-7:00pm	Iyengar Yoga ₂		Yoga Flow 2 ₃	Yin Yoga ₂		
6:30-7:45pm		Yoga Flow 1 (6:30 - 7:30) ₁				Refresh Yoga ₂
Upper Group Fitness Room						
10:15-11:15am						
12:00-1:00pm						
5:00-6:00pm	Barre ₂	Cardio Blast ₃	Strictly Strength ₃	Barre ₂		
6:15-7:15pm	Pilates ₂	UrbanKick® ₃	UrbanKick® ₃	Pilates ₂		
7:30-8:30pm	Dance Jam ₂	Dance Jam ₂	Zumba ₂	Dance Jam ₂		

CLASS STYLE	Mixed Format	Yoga	Cardio	Barre & Pilates	Dance
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CHOOSE YOUR WORKOUT

Exercise Intensity: Low 1 Moderate 2 High 3

No classes over spring break and University Holidays. Modified schedule for Finals Weeks.

Fee Structure	Single Class	Semester FitPass	Academic Year FitPass
Student	\$5	\$40	\$75
Non-Member	\$5	N/A	N/A



Fitness and Wellness

GROUP FITNESS CLASS DESCRIPTIONS

Yoga

Rise & Shine Yoga: This class gently awakens mind and body with stretches and postures to open the heart and muscles. This class begins with sun salutations and ends with gentle stretching.

Iyengar Yoga: Originally devised by BKS Iyengar, it's famous for emphasizing the correct alignment of all parts of the body within each yoga pose typically with the use of props. Build strength, stamina, balance, flexibility and a sense of well-being.

Refresh Yoga: Relax and unwind from the week while actively preparing for what's to come in the next! Ease your mind and guide yourself towards strength, flexibility, and relaxation in this 75-minute inspiring flow.

Yoga Express: Take a break during your busy week to reset your mind and body in this unique 45-minute format. Using repetition of movement and flow of breath, we will create length, strength, and stability in the body.

Yin Yoga: This slow-paced yoga class allows you to move deeper into your connective tissues and fascia as you hold each static pose for 3-5 minutes. A slow pace allows for increased stretching and mindfulness. Expect to use all the props! This is a great follow-up practice to a more active class, such as Yoga Flow.

Yoga Flow 1: This class is designed as an introduction to the practice of yoga. Class is slower paced, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try!

Yoga Flow 2: This Vinyasa-inspired class will build strength and flexibility. Expect to sweat as you move fluidly through poses. Prior experience with yoga is encouraged before taking this class.

Mixed Format

Ride & Relax: Ride through your imagination of rolling hills, tall mountains, and sandy beaches to exert some energy in a 45-minute cycling class. Then, take your time to relax, recover, and become more aware of your breath in a 30-minute yoga session.

Cycle Circuit: If climbing difficult hills and sprinting through intervals wasn't challenging enough, Cycle Circuit adds an element of surprise with total-body exercises utilizing a variety of equipment off the bike.

Bear Bootcamp: A well-rounded workout focused on strength and cardio! Circuit-style training is used to up the intensity and give you a total-body workout.

Strictly Strength: This class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using strategic principles. This easy-to-follow workout challenges every major muscle group. Expect to push your limits!

Cardio

Cycle: Ride your way through rolling hills, steep climbs, false flats, sprints and much more!

Cycle Express: Cycle express is perfect for those who are in a hurry, but still want an intense workout. This class will help build cardiovascular endurance and lower body strength in under an hour.

Cardio Blast: This is a high-energy class set to motivating music that works both strength and cardiovascular endurance! Each class offers a different challenge, focusing primarily on body-weight training and aerobic activity through HIIT movements.

UrbanKick®: By expertly blending sports conditioning with kickboxing, UrbanKick® incorporates steady-state cardiovascular training, metabolic boosting HIIT training and body-weight strength training for a unique and total body workout!

Barre & Pilates

Barre: This ballet-based workout aims to increase flexibility, strength, body awareness, and balance through simple-to-follow dance combinations. No previous dance experience is required, all levels are welcome!

Mat Pilates: This workout uses a series of exercises designed to increase core strength and improve posture and stability. Pilates is centered around breath and flowing through different postures in order to develop a strong, healthy body!

Dance

Zumba®: A combination of Latin and International rhythms, Zumba creates exciting and effective fitness through dance routines! Shimmy and shake while utilizing interval training to maximize this workout experience!

Dance Jam: This class utilizes popular music and easy-to-follow moves, you will be dancing to the hottest hits while simultaneously getting an awesome workout in a party atmosphere!