

Fall 2019

GROUP *fitness*

August 26th - December 6th



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Lower Group Fitness Room						
6:15 - 7:15am	Cycle Circuit 3	Rise & Shine Yoga 2	Cycle Core 2	Rise & Shine Yoga 2	Cycle Circuit 3	
12:00 - 1:00pm			Yoga Flow I 1	Cycle Express 2	Friday Flow 2	
4:30 - 5:30pm	Bear Bootcamp 3	Ride & Relax 2		Strictly Strength 3		
6:00 - 7:00pm	Yoga Flow II 3	Strictly Strength 3	Yoga Flow II 3			
6:30 - 7:45pm						Refresh Yoga 2
7:15 - 8:15pm	Cycle 2		Stretch & Core 1			
Upper Group Fitness Room						
12:00 - 1:00pm		Lunch Crunch 3		Lunch Crunch 3	Zumba® 2	
5:00 - 5:45pm	Cardio Blast 3	Urbankick 3	Cardio Blast 3		Happy Hour Rotation (4-5pm)	
6:00 - 7:00pm	Barre 2		Barre 2	Pilates 2		
7:15 - 8:15pm	Dance Jam 2	Dance Jam 2	Zumba® 2	Dance Jam 2		
8:30 - 9:30pm		Moonlight Recharge 1				

Class Style

Mixed Format	Yoga	Strength	Dance	Cardio	Barre & Pilates
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Choose Your Workout

Exercise Intensity: Low 1 Moderate 2 High 3

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

Yoga

Group Fitness Class Descriptions

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.

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 Flow I 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 II 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.

NEW Stretch & Core

This class is designed to create mobility and stability in the body through core strengthening exercises and total-body stretching. This will create greater stability and flexibility in all major-muscle groups, as well as, improve overall strength and posture.

Cycle Core

Sprint and climb through 45 minutes of cycling followed by 15 minutes of core work off the bike.

Strength

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!

NEW Lunch Crunch

Lunch Crunch is an intense 45-minute workout designed for maximal effectiveness in minimal time! This circuit-based workout will target all major muscle groups and will be sure to get your heart rate going through a combination of strength and cardio movements.

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 a fusion of simple-to-follow dance combinations, stretching and strengthening exercises. 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!

NEW Moonlight Recharge

End your day with a mindful, music-based workout. This class blends low-impact bodyweight exercises with restorative movement and plenty of time for stretching!

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!