

Group Fitness Schedule

March 15-April 30, 2010

Schedule subject to change on short notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		7-7:55 am 20/20/20 Ashley H	7-7:55 am Yoga Lindsay H	7-7:55 am Cycle/20/20 Ashley H	
	12-12:55 pm Cycle Interval Kayla C.		12-12:55 pm Cycle Interval Michele		12-12:55 pm Cycle Interval Jami
					3:30-3:55 pm 6 Pack Abs Linsey S/ Vanesa
Alternating Instructor: Jami Ashley R Kayla C.	4-4:55 pm Cardio Kickboxing Ashley R	4:15-4:55 pm Butts & Guts Linsey S	4-4:55 pm Cardio & Tone: Circuit Ashley R	4-4:55 pm Yoga Michele	4-4:55 pm 20/20/20 Linsey S/ Vanesa
	5-5:45 pm Arms & Abs Michele	5-5:55 pm Pilates Michele	5-5:55 pm Yogilates Laura	5-5:55 pm Step & Tone Lauren	
6:15-6:55 pm Butts & Guts Alternating Instructor	6-6:55 pm Yoga Michele	6-6:55 pm 20/20/20 Jami	6:15-6:55 pm Arms & Abs Jami	6-6:55 pm Cycle Interval Lauren	
7-7:55 pm Cardio Camp Alternating Instructor	7-7:55 pm Zumba Lauren Ashley	7-7:55 pm Cycle Interval Jami	7-7:55 pm Cardio Kickboxing Jami	7-7:55 pm Dance Fusion Lauren Ashley & Lindsay H	
	8-8:55 pm Core & More Lauren Ashley	8-8:55 pm Cardio Kickboxing Vanesa	8-8:55 pm Zumba Lauren Ashley	8-8:55 pm Toasty Yoga Lauren Ashley/ Lindsay H	

Finals Week GF Schedule May 2-6, 2010

*See Group Fitness Studio & Website for changes
to the schedule & class descriptions*

No Admittance After Class Begins.

All participants should register in order to reserve a spot in class.

To register go to www.eku.timetrade.com

Campus Recreation's Website: www.campusrec.eku.edu/Fitness

Disclaimer: All participants who make appointments for group fitness classes must be a current ECU student &/or member of the Fitness & Wellness Center.

All participants must bring a valid university ID to enter the Fitness & Wellness Center.

**Please check flyers for special
Group Fitness & Fitness related
workshops & classes offered
throughout the semester!**

Class Descriptions

Dance Fusion: Join our Dancing Divas while you dance your way to a fitter you with this exciting & unique class which incorporates Latin, Hip Hop, Reggae, African, Belly Dance & popular line dances & rhythms with easy & fun to follow moves. Come with your friends & join the fitness party!

Zumba: Dance your way to a fitter you with exciting & unique Latin moves & rhythms. **Please note: you must register for Zumba online at Time Trade to reserve your spot in class in order to be admitted.**

Yoga Abs: 25 minutes of yoga poses (asanas) that specifically target the core muscles (abs & back).

Toasty Yoga: Warm, stretch & relax in this heated Yoga class. You will move through a variety of asanas (poses) & pranayama (breathing techniques) to help ease tension in both the body & mind all while increasing your flexibility, strength & balance. Appropriate for anyone needing to de-stress! Special dates: Mar. 21 8 pm;

6 Pack Abs: A dynamic abdominal & back strengthening workout. Exercises will utilize a variety of equipment & other disciplines like Pilates & Yoga.

20/20/20: A triple combo class that gives you cardio, toning & more- total body conditioning class for all fitness levels! This class incorporates three- 20 minutes of any of the following: step, floor, cardio kickboxing, hi/lo, sport conditioning, cycling, walking & power moves; along with upper & lower body toning, ab work & stretching for a complete workout. Check out this energetic mix of cardio, strength & flexibility that will leave you feeling invigorated! (Cardio type will vary each class).

Arms & Abs: Strengthen & tone your arms & abs all in one time saving class. All levels welcome.

Butts & Guts: Focusing on toning abs, legs & glutes!

Cardio Kickboxing: Punch & kick your way into great shape. Learn the proper techniques of kickboxing while getting a stress-relieving, sweat-dripping workout. There will also be exercises to improve speed, agility, stamina, strength & core stability.

Cardio & Tone-Circuit: Move from station to station or exercise to exercise in this total body conditioning class that incorporates a variety of equipment & exercise formats. Participants are in control of selecting their intensity level.

Cycle/20/20: Go for a spin, tone those muscles & stretch. This class is great for busy individuals who want it all in their workout. Towel & water required.

Cycle Interval: Go for a spin & tone those muscles! This class is great for busy individuals who want a fun cardio & toning workout. Towel & water required.

Step & Tone: Test your speed, agility, and stamina! Start with basic combinations on the step and then finish your workout with muscular endurance conditioning. The perfect combination of cardio and strength! All levels welcome.

Cardio Camp: Take charge of your workout! This class balances cardio and strength exercises. You'll move through a series of drills and stations utilizing steps, Bosus, resistance gear, jump ropes & more.

Core & More: This power packed class trains & strengthens the core; including the abdominal & back muscles. Be ready for agility, balance drills & more in this class.

Yoga: Take time to relax & rejuvenate! Try yoga-gentle asanas (poses) & pranayama (breathing) to ease tension in both body & mind while increasing your flexibility, strength & balance. Appropriate for all levels & all college students needing to de-stress! Guaranteed you leave feeling better & more relaxed!

Yogilates: This class is the perfect combination of Yoga and Pilates.

Special Classes:

Check out these new classes which will only be offered a few times throughout the semester.

See flyers for dates & times!

***Restorative Yoga:** This class is designed to deeply relax and aid in healing the body. The movements are slow, gentle & stress relieving which will activate the body's natural healing process. This subtle practice is deeply nourishing for mind & body while it encourages participants to slow down & notice the subtle changes that occur within. **Save the date: May 2 at 4 pm**

***Cycle Race Day:** Take your cycle skills to the next level with this intense class that involves cardio challenges, hills, varying speeds and resistance, endurance segments & more. You will be ready for race day! **Save the date: Apr. 10 at 10:30 am!**

Additional Class Offerings:

Toasty Yoga: Mar. 21 & Apr. 18 at 8 pm

20/20/20: Mar. 27 at 10:30 am