

Group Fitness Schedule

August 24-October 9, 2009

Schedule subject to change on short notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		7-7:45 am 15/15/15 Ashley H		7-7:45 am 15/15/15 Ashley H	
	12-12:55 pm Cycle Interval Michele		12-12:55 pm Cycle Interval Michele		12-12:55 pm Cycle Interval Kari
					3:30-3:55 pm 6 Pack Abs Ashley H
	4-4:55 pm Cardio Kickboxing Kari	4:15-4:55 pm Butts & Guts Linsey S	4-4:55 pm Cardio & Tone: Circuit Michele	4-4:55 pm Yoga Michele	4-4:55 pm 20/20/20 Ashley H
	5:15-5:55 pm Arms & Abs Kari	5-5:55 pm Pilates Kelly	5-5:55 pm Yogilates Michele	5-5:55 pm Cardio & Tone: Circuit Linsey S	
6:15-6:55 pm Butts & Guts Ashley H	6-6:55 pm Yoga Laura	6-6:55 pm 20/20/20 Amanda	6:15-6:55 pm Arms & Abs Kayla	6-6:55 pm Step Amanda	
7-7:55 pm 20/20/20 Ashley H	7-7:55 pm Cardio & Tone: Circuit Lauren Ashley	7-7:55 pm Cycle Interval Amanda	7-7:55 pm Cardio Kickboxing Kayla	7-7:55 pm Dance Fusion Lauren Ashley & Lindsay H	
	8-8:45 pm Core & More Lauren Ashley	8-8:55 pm Toasty Yoga Lindsay H	8-8:25 pm Stretch Express Kayla	8-8:25 pm Hip Hop Abs Lauren Ashley & Lindsay H	

New Schedule

October 14-December 11, 2009

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 EKU student &/or member of the Fitness & Wellness Center.

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

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!

Hip Hop Abs: Your abs will get a great workout in this new class using Hip Hop dance moves & music!

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!

15/15/15: A triple shot of fitness-express style. Maximize your time with 15 minutes of cardio, toning & stretching. If you love 20/20/20 then this is the class for you!

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.

Stretch Express: Come strengthen & lengthen your tight, sore muscles in this relaxing class.

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 and 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.

Step: A fun & challenging aerobic workout for all fitness levels, combining innovative choreography while utilizing the step.

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.

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!

Special Classes & Workshops:

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.

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

***Toasty Yoga:** Check out your favorite Toasty Yoga class with a bonus restorative pose & an extended relaxation session. Classes will be offered on Saturdays! See flyer for dates & times.

***Tai Chi Workshop:** Learn a gentle & relaxing Chinese exercise which helps alleviate stress, aids in weight loss, increases mind-body coordination & enhances one's health! Register at the front desk of the Fitness & Wellness Center. \$10 fee includes a practice DVD. Registration deadline Oct. 21; workshops will be offered Oct. 24, Oct. 31, Nov. 7 & Dec. 12 from 10:30 am-12:30 pm.