

# FALL 2019 FITNESS SCHEDULE

## STUDENT REC & WELLNESS CENTER

HOURS: M-F 6AM-12AM, SATURDAY 8AM-12AM, SUNDAY 1PM-12AM

	CLASS	TIME	LOCATION
MONDAY	BOOTCAMP	6 AM	RM 167
	SPIN	6 AM	RM 165
	BUTTS N' GUTS	7 AM	RM 167
	LUNCH CRUSH	12 PM	RM 167
	TABATA	5 PM	RM 167
	YOGA	6 PM	RM 166
	BOOTCAMP	7 PM	RM 166
	GET HIIT	8 PM	RM 166
TUESDAY	GET HIIT	6 AM	RM 167
	BODY 360	7 AM	RM 167
	LUNCH CRUSH	12 PM	RM 167
	BUTTS N' GUTS	5 PM	RM 165
	YOGA	5:15 PM	RM 167
	SPIN	6 PM	RM 165
	YOGA	6:30 PM	RM 167
	TABATA	7 PM	RM 166
WEDNESDAY	BOOTCAMP	6 AM	RM 167
	SPIN	6 AM	RM 165
	BUTTS N' GUTS	7 AM	RM 167
	LUNCH CRUSH	12 PM	RM 167
	BODY 360	5 PM	RM 167
	TABATA	6 PM	RM 167
	BOOTCAMP	7 PM	RM 167
	GET HIIT	8 PM	RM 166
THURSDAY	GET HIIT	6 AM	RM 167
	BODY 360	7 AM	RM 167
	LUNCH CRUSH	12 PM	RM 167
	BUTTS N' GUTS	5 PM	RM 167
	SPIN	6 PM	RM 165
	TABATA	7 PM	RM 167
FRIDAY	BOOTCAMP	6 AM	RM 167
	BUTTS N' GUTS	7 AM	RM 167
	YOGA	8:30 AM	RM 166
	LUNCH CRUSH	12 PM	RM 167

# CLASS DESCRIPTIONS

## BODY 360

An all body weight class that incorporates flexibility and strength using just stability balls. You and the ball will become one while strengthening all parts of the body and increasing your body's flexibility.

## BOOTCAMP

An intense class that combines high intensity interval training (HIIT) and strength training to optimize all parts of the body! You will build strength, endurance, and agility to conquer your daily routine. But are you up for the challenge?

## BUTTS N' GUTS

A class that tones and sculpts the butt, abs, and thighs along with getting the heart rate going. These 3 hard-to-tone areas will become sculpted in no time while using body weight, bands, weights, and plyometrics. Come try this butt-kicking workout!

## GET HIIT

This high-intensity class will target the whole body using different equipment incorporating strength, endurance, and toning!

## LUNCH CRUSH

Only have time for a 30 minute workout between class and lunch? Come try this quick HIIT workout that is targeted to crush 200-500 calories by incorporating cardio, strength, and plyometrics.

## SPIN

Come try this popular exercise class that consists of you, your instructor, and a bike. Push your body to a whole different place without even leaving the building!

## TABATA

Taba-Who? Tabata is a HIIT class that allows you to favor the benefit of simultaneously losing weight and developing muscle. This class consists of 8-10 sets of fast-paced exercises each completed for 20 seconds following a brief 10 second rest.

## YOGA

This calming class will help you focus on your relationship with your body while helping align the body while in standing, sitting, and twisting poses.

