**GROUP FITNESS SCHEDULE**

**SPRING 2018**

**JANUARY 8—APRIL 27**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM—8:55 AM PE YOGA MORGANNE</td>
<td>9:30 AM—10:20 AM PE PILATES MEGAN</td>
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<td>9:00 AM—9:45 AM CYCLE45 LEIGH</td>
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<tr>
<td>9:00 AM—9:55 AM PE BALLET JILL</td>
<td>11:00 AM—11:45 AM STRENGTH &amp; TONE AJ</td>
<td>9:00 AM—9:55 AM PE BALLET JILL</td>
<td>1:30 PM—2:25 PM PE YOGA MORGANNE</td>
<td>10:00 AM—10:45 AM VINYASA YOGA KITYARA</td>
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<tr>
<td>12:00 PM—12:30 PM HIIT TEVIN</td>
<td>12:30 PM—1:00 PM HIIT NICOLE</td>
<td>11:00 AM—11:45 AM BOOTCAMP KATIE</td>
<td>5:00 PM—5:30 PM HIIT LINDSEY</td>
<td>11:00 AM—11:45 AM HIP-HOP DANCE AJ</td>
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<tr>
<td>5:00 PM—5:30 PM POUND® - ROCKOUT WORKOUT LEIGH</td>
<td>1:30 PM—2:25 PM PE YOGA MORGANNE</td>
<td>12:00 PM—12:30 PM CIRCUIT WORKIT BOBBIE &amp; MAGGIE</td>
<td>5:45 PM—6:30 PM TEAM TEACH THURSDAY BOBBIE &amp; MAGGIE</td>
<td>12:00 PM—12:30 PM ABS N BUNS KAYLA</td>
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<tr>
<td>5:45 PM—6:30 PM CYCLE45 CAITLIN</td>
<td>5:00 PM—5:30 PM ABS N BUNS ASHLEY</td>
<td>5:45 PM—6:30 PM HIIT NICOLE</td>
<td>6:45 PM—7:30 PM HIP-HOP DANCE AJ</td>
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<tr>
<td>6:45 PM—7:30 PM RELAXATION YOGA KATIE</td>
<td>5:45 PM—6:30 PM BOUS BLAST ASHLEY</td>
<td>5:45 PM—6:30 PM CYCLE45 CAITLIN</td>
<td>7:45 PM—8:30 PM BOOTCAMP LINDSEY</td>
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<tr>
<td>7:45 PM—8:30 PM STRENGTH &amp; TONE ERIC</td>
<td>6:45 PM—7:30 PM YOGALATES ASHLEY</td>
<td>6:45 PM—7:30 PM BOOTCAMP CAITLIN</td>
<td>8:45 PM—9:30 PM VINYASA YOGA KITYARA</td>
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<tr>
<td>8:45 PM—9:30 PM ZUMBA® KENYATTA</td>
<td>7:45 PM—8:30 PM ABS N BUNS ERIC</td>
<td>9:45 PM—10:30 PM ZUMBA® KENYATTA</td>
<td>9:35 PM—10:35 PM ZUMBA® KENYATTA</td>
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**CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE**

- No classes on January 15 & March 12-16 for Martin Luther King Jr. Day and Spring Break
- No classes after 6:30 PM on February 28 for Zumba Glow
- No classes on April 6 due to a Certification Training

**Armstrong**

**Recreation & Wellness**
CLASS DESCRIPTIONS

CYCLE
Cycle 45: Looking to get your heart pumping without having to get on a “dreadmill”? We’ve got the workout for you! Cycle includes a variety of seated and standing drills to take your cardio to the next level! Simulate outdoor cycling and climb hills, sprints, and more!

DANCE
PE Ballet: Get lost in the poise and elaborate movements during this 50-minute classical dance class. Perfect your technique and train your discipline. *This is an academic class, however, all members of the SRC are welcome to join the class (no grade will be given if you are not enrolled).
Hip-Hop Dance: This cardio infused dance class will have you dancing to the beat of the latest music trends. Watch out, mood lifting is a side effect!
ZUMBA®: This Latin dance inspired class will have you burning calories while feeling like you’re at a dance party! Come and move your feet to the merengue, cha cha, salsa, and more!

CARDIO, STRENGTH & TONING
Abs n Buns: Need to give your core and lower body more attention? Abs and Buns uses a variety of exercises to target the muscles in these areas with intent to tone and strengthen.
BOSU Blast: Need to work on your balance? Come join us in this 45-minute class using the famous BOSU ball. Gain stability and strength at the same time!
Bootcamp: Mix up your workout with traditional callisthenic exercises using interval and strength training. This class will leave you feeling stronger than ever.
Cardio Kickboxing: Designed for all levels of fitness, cardio kickboxing will focus on a variety of punches, leg agility, and core exercises. You will leave this class with a workout from head to toe!
Circuit Workout: This class is all about the circuits! Push yourself to new limits with this challenging circuit workout!
HIIT: High Intensity Interval Training! Get ready to push yourself to another level with this 30-minute strength and conditioning class!
INSANITY®: Forget everything you think you know about high-intensity workouts. Because INSANITY turns old-school interval training on its head. You work flat out in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work.
Mat Attack: This class focuses on the core, glutes, hamstrings, and quads all while using a mat. Feel your best you and come down to mat level!

POUND - Rockout. Workout®: Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music.
Strength & Tone: This full body workout of strength exercises is sure to rock your world!
Tabata: Looking for a quick workout? Tabata is here for you! This 30 minute workout will have you ready to take on the day from a variety of strength training exercises!
Team Teach Thursday: Always struggling which group fitness class to pick?! Change it up with Team Teach Thursday and dare to be surprised each week with a fantastic cardio and strength workout!

MIND/BODY
PE Pilates: Work on and off the floor to strengthen your core, improve posture, and increase flexibility for a total body workout. *This is an academic class, however, all members of the SRC are welcome to join the class (no grade will be given if you are not enrolled).
PE Yoga: Come practice with us and relax your mind all while increasing your flexibility and improving your overall range of motion. *This is an academic class, however, all members of the SRC are welcome to join the class (no grade will be given if you are not enrolled).
Relaxation Yoga: Need a way to de-stress and stretch out? This 45 minute yoga practice will help you wash away all of the troubles of the day!
Vinyasa Yoga: This type of practice involves synchronizing the breath with a continuous flow of postures. The fluid, almost dance-like movements increase flexibility, strength, and stamina, as it calms the mind and improves overall health.
Yogalates: A mixture of yoga and Pilates fused in to one! This class will whip your core in to shape all while leaving you feeling relaxed.