

Group Exercise Session Descriptions

Abs and Buns: This is a 30 min. class and will target the entire core and glutes!

BOSU: This class includes balance, strength, agility and cardio exercises on a curved top ball with a flat base that strengthens core stability.

Cardio & Strength: This class combines cardio and strength moves. It will get your heart rate up and tone those muscles!

Insanity: This max interval training will have you sweating and burning up to 1,000 calories in just one class!

Spinning: Awesome cardiovascular workout on specially designed stationary bicycles. Rides include a variety of seated and standing drills that simulate outdoor cycling such as sprints, hill climbs and jumps.

Pilates: Pilates mat uses exercises to strengthen the core, improve posture, and increase flexibility for a total body workout. This class will use Pilates Rings, a mat and a physio ball.

Strength & Tone: This muscle conditioning class focuses on defining muscles and building overall body strength using weights, bands, bars, and more.

Total Body Blast: This is powerful class that includes weights, circuit training, core, agility, and more. Get ready to sweat!

Yoga: Appropriate for all, this class is designed to increase flexibility and improve overall strength. It also includes mindfulness practice, deep relaxation, and quiet contemplation.

**Student Rec. Center Summer Hours
May 9th-August 13th, 2015**

**Monday-Friday 6:00am-8:00pm and
Saturday and Sunday 1:00pm-6:00pm**

GROUP EXERCISE

Summer 2015 SCHEDULE



Recreation and Wellness's Group Exercise program offers a wide variety of non-credit group fitness sessions to help individuals meet their fitness goals. The sessions range from 30 to 60 minutes in length all throughout the day and will be located in the Group Fitness studio at the Recreation Center..

**ALL CLASSES ARE FREE FOR
STUDENTS! FACULTY AND STAFF
MUST PURCHASE A MEMBERSHIP**

**For more information on Group Exercise
check the website at
www.imrec.armstrong.edu**

• Group Exercise Summer Schedule
• (June 8th-July 24th, 2015)
• No Classes on July 3rd
• All classes are held at the Student Recreation Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:50 am	Yoga <i>Mackenzie</i>		Yoga <i>Mackenzie</i>		
10:00-10:50 am		BOSU <i>Amanda</i>			
11:00-11:50 am		Total Body Blast <i>Kayla</i>			
12:00-12:30 pm		Abs and Buns <i>Kayla</i>		Abs and Buns <i>Kayla</i>	
12:00-12:50 pm	Insanity <i>Kayla</i>		Insanity <i>Kayla</i>		
5:30-6:20 pm	Spin <i>Amanda</i>	Strength and Tone <i>Ashley</i>	Spin <i>Amanda</i>	Strength and Tone <i>Ashley</i>	
6:30-7:20am		Pilates <i>Ashley</i>	Cardio & Strength <i>Amanda</i>	Pilates <i>Ashley</i>	

- All group exercise classes are FREE for students. Faculty and staff must be a member of the SRC to utilize the fitness center and classes. Affiliates can bring a guest for a \$5 fee paid at the front desk. Credit card, debit card or pirate card are accepted for payments.
- Make sure to bring your Pirate Card to enter the building.
- Student Rec. Center Summer Hours: (May 9th-August 13th, 2015)
- Monday-Friday 6:00am-8:00pm and Saturday and Sunday 1:00pm-6:00pm
- Any questions please contact the Student Rec. Center at 912-344-3136 or the Director at megan.feasel@armstrong.edu 912-344-3089