

WELLNESS

FALL SCHEDULE '09

AUGUST 24 - DECEMBER 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am	Sunrise Yoga SRC West		Sunrise Yoga SRC West			
6:30 am	Open Weights SRC Main Cycling SRC East	Open Weights SRC Main Zumba SRC West Gravity Group SRC East	Open Weights SRC Main Cycling SRC East	Open Weights SRC Main Zumba SRC West Gravity Group SRC East	Open Weights SRC Main Cycling SRC East	
11:00 am	Gravity Blast (25 min) SRC East	Gravity Blast (25 min) SRC East	Gravity Blast (25 min) SRC East	Gravity Blast (25 min) SRC East		Zumba SRC West
11:30 am	Open Weights SRC Main Yoga Mem Gym 301 Gravity Group SRC East Chisel & Sculpt SRC West	Open Weights SRC Main Tai Chi Mem Gym 301 Cycling SRC East Zumba SRC West	Open Weights SRC Main Yoga Mem Gym 301 Gravity Group SRC East Chisel & Sculpt SRC West	Open Weights SRC Main Tai Chi Mem Gym 301 Cycling SRC East Zumba SRC West	Open Weights SRC Main Gravity Group SRC East Chisel & Sculpt SRC West	Open Weights SRC Main Cycling SRC East
12:30 pm	Open Weights SRC Main Cycling SRC East Zumba SRC West	Open Weights SRC Main Gravity Group SRC East Butts & Guts (25 min) SRC West	Open Weights SRC Main Zumba SRC West	Open Weights SRC Main Gravity Group SRC East Butts & Guts (25 min) SRC West	Open Weights SRC Main Cycling SRC East Zumba SRC West	Yoga SRC West
1:00 pm		Legs, Legs, Legs (25 min) SRC West		Legs, Legs, Legs (25 min) SRC West		
1:30 pm	WOW SRC West	Power Vinyasa Yoga SRC West	WOW SRC West	Power Vinyasa Yoga SRC West	Yoga SRC West	Gravity Group SRC East
2:30 pm	Absolute Abs SRC West	Bound & Tone SRC West	Absolute Abs SRC West	Bound & Tone SRC West	Fit2Fight (30 min) SRC West	
3:30 pm	BOSU Bar Challenge SRC West	Boot Camp SRC West	BOSU Bar Challenge SRC West	Boot Camp SRC West		Ballroom Dance SRC West
4:30 pm	Gravity Circuit SRC East Power Vinyasa Yoga SRC West	Gravity Group SRC East Zumba SRC West	Gravity Circuit SRC East Power Vinyasa Yoga SRC West	Gravity Group SRC East Zumba SRC West	Zumba SRC West	
5:30 pm	Open Weights SRC Main Cycling SRC East Zumba SRC West	Open Weights SRC Main Gravity Circuit SRC East Step SRC West	Open Weights SRC Main Cycling SRC East Zumba SRC West	Open Weights SRC Main Gravity Circuit SRC East Step SRC West	Yoga SRC West	
6:30 pm	Ride/Glide SRC East Flow Yoga SRC West	Cycling SRC East Belly Dancing SRC West	Ride/Glide SRC East Zumba Gold SRC West	Cycling SRC East Belly Dancing SRC West	<p>Purchase your Wellness Pass at the Campus Rec office on the first floor of the SRC.</p> <ul style="list-style-type: none"> •All classes are 50 min unless otherwise marked. •Schedule subject to change. •Personal Fitness Credit expires Oct 16 and Dec 11 	
7:30 pm	Zumba SRC West	Zumba SRC West Gravity Group SRC East	Zumba SRC West	Zumba SRC West Gravity Group SRC East		
8:30 pm	Cycling SRC East Swing SRC West	Yoga SRC West	Cycling SRC East Salsa SRC West	Yoga SRC West		

CLASS DESCRIPTIONS

- ABSOLUTE ABS:** This class will help you sculpt your core. Using traditional methods and physioballs, this class will be a fun way to tone and tighten that troublesome area.
- BELLY DANCING:** Laugh & learn to move your hips, move your belly & have a great time while improving your fitness level. This class will focus on hip isolation, posture, & precise movement.
- BOSU BAR CHALLENGE:** This workout targets the glutes, hips, and thighs, as well as the upper body and core. It also incorporates a little cardio to get your heart rate up. You will be using the Bosu Balance Trainer, Body Bars, Physioballs and your own body weight to get the total body workout.
- BUTTS AND GUTS:** Combination of standing and floor ab work with exercises to tone and shape the rear (the butt) and the front (the abs).
- CHISEL & SCULPT:** This class will use light hand weights & basic body toning moves to help you stay toned & healthy. This class will focus on functional moves, core strength & balance along with range of motion.
- CYCLING:** Endurance rides, hill climbing and flats, you will experience exhilarating indoor rides that take you through all types of terrains & intensity levels.
- FIT2FIGHT** - Float like a butterfly and sting like a street fighter in this fluid motion martial arts class. Discover new strength and agility moves inspired by martial arts, dance and basic gymnastics. This 30 minute class is sectioned into a warm-up, basic techniques, a fight choreography and a stretch to finish off on a high note.
- GRAVITY CIRCUIT:** Dynamic & slightly more challenging workout - a step up from group strength with all the 'bells & whistles' - Be prepared to call for mercy!
- GRAVITY GROUP:** Dynamic workout on the GTS, designed to provide group strength training that can be individualized to each participant's fitness levels - without sacrificing technique, variety, challenge & importantly 'fun.'
- LEGS, LEGS, LEGS:** Total focus on the lower body using bands, dumbbells, balls and body bars.
- POWER VINYASA YOGA:** This class is based on the style of Baron Baptiste. It is a physically invigorating style of yoga that links the breath with dynamic flowing movement. This is a great class to build strength and endurance, flexibility and balance. Modifications are available for all levels.
- REBOUNDING:** This full-body conditioning workout helps people spring into optimum shape! It's one of the greatest & newest, low-impact ways to get in shape, build balance & muscle strength...& have a great time doing it!
- STEP:** This class combines athletic &/or dance based aerobic moves using adjustable platform for diverse levels of intensity.
- SUNRISE YOGA:** Move into balance! Yoga practice brings strength, flexibility, & peace of mind. We work with your strengths & your weakness in this class.
- TAI CHI:** Learn to focus & energize your body with this flowing movement class.
- OPEN WEIGHTS:** Intimidated by the weight room? This is your basic weight training class. It will teach you how to use the equipment & build an individualized program.
- WOW:** Women Only Workout, This is a beginning exercise class to get you started, teach you basic moves, exercises and have fun! You will learn basic pilates, Zumba and conditioning. All abilities welcome.
- YOGA:** This is a flow yoga class with modifications for all levels. This will open & warm your muscles.
- ZUMBA:** Join the latest fitness craze. If you love to jazz & dancercise you will love Zumba. Move to the Latin beat in the high energy fitness class, great for all levels and abilities. Have fun and shake your booty in this dance class.

WELLNESS PASS OPTIONS

FALL PASSES GOOD THROUGH JAN 13, 2010

SINGLE PASSES:	\$3 PER VISIT
18-USE PASS:	\$46
36-USE PASS:	\$85
SEMESTER UNLIMITED:	\$120

PERSONAL FITNESS CREDIT FOR STUDENTS:

One Personal Fitness Credit: 18-Use pass \$46
Maximum of two credits per semester.

WELLNESS COOKING CLASSES

4 PM IN THE SRC CLASSROOM WITH CAMPUS
DIETITIAN VERNA BERGMANN, MS, RD, LD, CDE

MON, SEPT 14:	Stuffed Zucchini for Dinner
TUE, OCT 20:	Cooking with Lentils
TUE, NOV 17:	What to do with Thanksgiving Leftovers

GREAT FOR ALL AGES AND SKILL LEVELS