

University Club - Group Exercise Class Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30 A.M.					Body Cycle Tom Linck
11:30-12:30 PM	B.L.T. Beth Damon	Body Cycle Martha Dawson	Boot Camp Beth Damom Martha Dawson Jason Epplert	Body Cycle Beth Damon	City Fit Walk Boot Camp Style Beth Damon
12:30-1:30 p.m.	Group Personal Training Chris Rush and Jason		Group Personal Training Chris Rush @ Jason		Group Personal Training Chris Rush @ Jason
5:30-6:30 PM	Body Cycle Martha Dawson(stdio)		Yogilates Beth Damon/ Group Personal Training Chris Rush		

B.L.T.

This workout concentrates on Buns, Legs and Thighs. Various equipment and techniques will be used to help sculpt, strengthen and tone. Abdominal exercises also included in this class. (60 min.)

Body Cycle

Whether you are a beginner or a seasoned athlete, this stationary cycling class can accommodate you! You will be guided by a "coach" who will provide a training profile, music and motivation. All you need to be able to do is.... pedal a bike! All riders are in control of their own intensity, so all fitness levels CAN ride together to build cardiovascular strength and endurance, and/or become a better cyclist. (45 or 60 min.)

City Fit Walk Boot Camp Style

Enjoy the outdoors and hit the pavement as we walk through downtown. A total body conditioning class outdoors that blends cardiovascular training and resistance training. Various equipment will be taken with and used to tone and strengthen all major muscle groups. Return to the club for various stretching & ab workouts to complete the class. Beginners welcome. (spring/summer) (60 min.)

Boot Camp

This is a total body conditioning, blending cardiovascular training and weight training in the fitness class studio. Various equipment will be used to tone and strengthen all major muscle groups (60 min.)

Yogilates

A blend of Yoga and Pilates. Yoga postures to gain flexibility, balance and create energy flow throughout your body and Pilates to improve core strength(abdominals and back). Both practices incorporate breathing techniques that will help you perform, and will relieve stress. (60 min.)

Group Personal Training

60 Minutes. Work with various free weights and machines to achieve your individual goals. Chris Rush will keep you motivated as she leads you through a group workout. These sessions will utilize every mode of exercise and equipment that you can imagine for a great overall workout. Beginners welcome (60 min.)

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind