

# GROUP EXERCISE

## FALL 2009 BLOCK 2

**Boot Camp:** Designed to blast calories and work the entire body using your own body weight and free weights.

**Butt & Gut:** This toning class targets muscle groups in the legs, thighs, butt, and abs using cardio and strength exercises.

**Cardio Kickboxing:** A fun, high-energy class combining aerobic boxing, self-defense techniques, and rhythmic choreography. \*These classes will be held in the Fitness Center Wood Gym.

**Dancer's Body:** No dance experience required, learn the tips and tricks that dancers use to keep their bodies lean and mean.

**Group Cycling:** This class is a fun, high-intensity exercise that involves using a stationary indoor bicycle.

**Indian Dance (Odissi Style):** An intro class that combines dance steps, turns, hand gestures, and more. No experience necessary.

**Move It!:** Anything goes in this class that will incorporate multiple kinds of aerobics and dance styles.

**Muscle Madness:** This class will work different parts of the body using weights, stability balls, bands, and more!

**Props:** This class uses objects rather than weights to engage muscles, build strength, and improve flexibility.

**Stable Core:** This class focuses on training all your stabilizing muscles, like the back and abs.

**Stress Free Stretch:** Uses active movement to improve flexibility, balance, and core strength.

**TNT! (Tight n' Toned):** Use your body weight and free weights to tighten and tone the entire body!

| Day       | Time          | Activity            | Cap | Instructor | Start | End   | Skip Dates   |
|-----------|---------------|---------------------|-----|------------|-------|-------|--------------|
| Monday    | 12:00-12:45pm | TNT!                | 30  | Catherine  | 10/19 | 12/7  | 11/23        |
| Monday    | 2:30-3:15pm   | Cycling             | 14  | Kaitlin K  | 10/19 | 12/7  | 11/23        |
| Monday    | 3:30-4:00pm   | Stable Core         | 30  | Monique    | 10/19 | 12/7  | 11/23        |
| Monday    | 4:15-5:00pm   | Boot Camp           | 30  | Monique    | 10/19 | 12/7  | 11/23        |
| Monday    | 5:15-6:00pm   | Dancer's Body       | 30  | Jaime      | 10/19 | 12/7  | 11/23        |
| Monday    | 6:15-7:00pm   | TNT!                | 30  | Jaime      | 10/19 | 12/7  | 11/23        |
| Tuesday   | 12:15-1:00pm  | Cardio Kickboxing   | 30  | Monique    | 10/20 | 12/8  | 11/24        |
| Tuesday   | 3:30-4:15pm   | Boot Camp           | 30  | Catherine  | 10/20 | 12/8  | 11/24        |
| Tuesday   | 5:00-5:45pm   | Cardio Kickboxing*  | 45  | Abby       | 10/20 | 12/8  | 11/24        |
| Tuesday   | 5:30-6:15pm   | Cycling             | 14  | Masha      | 10/20 | 12/8  | 11/24        |
| Tuesday   | 6:00-6:45pm   | Cardio Kickboxing*  | 45  | Laura      | 10/20 | 12/8  | 11/24        |
| Tuesday   | 6:30-7:15pm   | Dancer's Body       | 30  | Jaime      | 10/20 | 12/8  | 11/24        |
| Tuesday   | 7:30-8:00pm   | Butt & Gut          | 30  | Jaime      | 10/20 | 12/8  | 11/24        |
| Wednesday | 12:00-12:45pm | TNT!                | 30  | Catherine  | 10/20 | 12/8  | 11/24        |
| Wednesday | 1:00-1:45pm   | Butt & Gut          | 30  | Caitlin C  | 10/21 | 12/9  | 11/25        |
| Wednesday | 3:30-4:00pm   | Stable Core         | 30  | Monique    | 10/21 | 12/9  | 11/25        |
| Wednesday | 4:15-5:00pm   | TNT!                | 30  | Monique    | 10/21 | 12/9  | 11/25        |
| Wednesday | 6:15-7:00pm   | Muscle Madness      | 30  | Masha      | 10/21 | 12/9  | 11/25        |
| Wednesday | 7:15-8:00pm   | Stress Free Stretch | 30  | Caitlin C  | 10/21 | 12/9  | 11/25        |
| Thursday  | 2:45-3:15pm   | Butt & Gut          | 30  | Caitlin C  | 10/22 | 12/10 | 11/26        |
| Thursday  | 3:30-4:15pm   | Props               | 30  | Jaime      | 10/22 | 12/10 | 11/26        |
| Thursday  | 5:00-5:45pm   | Cardio Kickboxing*  | 45  | Abby       | 11/5  | 12/10 | 11/26        |
| Thursday  | 6:00-6:45pm   | Indian Dance        | 30  | Aboleee    | 10/22 | 12/10 | 11/26        |
| Thursday  | 6:00-6:45pm   | Cardio Kickboxing*  | 45  | Laura      | 11/5  | 12/10 | 11/26        |
| Friday    | 11:00-11:45am | Stress-Free Stretch | 30  | Caitlin C  | 10/23 | 12/11 | 11/27        |
| Friday    | 12:00-12:45am | Move It!            | 30  | Monique    | 10/23 | 12/11 | 11/27        |
| Friday    | 2:30-3:15pm   | Cycling             | 14  | Kaitlin K  | 10/23 | 12/11 | 11/20, 11/27 |
| Friday    | 3:30-4:00pm   | Butt & Gut          | 30  | Catherine  | 10/23 | 12/11 | 11/20, 11/27 |
| Friday    | 4:00-4:45pm   | Boot Camp           | 30  | Catherine  | 10/23 | 12/11 | 11/20, 11/27 |



To participate in one of these classes, you must first sign up at the Fitness Center front desk. Sign ups begin 30 minutes prior to the start of each class. Schedule is subject to change.