

RECREATION & WELLBEING

FITNESS

FITNESS CLASSES


Register for a 7-week fitness class that fits your schedule and interests!

FALL 2024 SCHEDULE | **Section 2: October 21 - December 13**

NO CLASSES DURING FALL BREAK | November 25 - 29

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--|---|--|---|--|
| 6:15 a.m. | Cycling Jon (SRC East) Sunrise Yoga Laurel (SRC East) | | Cycling Brad (SRC East) Sunrise Yoga Laurel (SRC East) | | |
| 11:30 a.m. | TRX Bootcamp Jenny (SRC East) SlowFlow Yoga Lori (SRC West) | Cycling Jon (SRC East) Stretch & Tone Julie (SRC West) | TRX Bootcamp Jenny (SRC East) SlowFlow Yoga Lori (SRC West) | Cycling Jon (SRC East) Stretch & Tone Julie (SRC West) | TRX Bootcamp Jenny (SRC East) SlowFlow Yoga Lori (SRC West) |
| 12:30 p.m. | Pilates Julie (SRC West) | Glute Camp Jenny (SRC East) Kettlebell Express Ben (SRC West, 12:30 - 1) | Pilates Julie (SRC West) | Glute Camp Jenny (SRC East) Kettlebell Express Ben (SRC West, 12:30 - 1) | |
| 5:15 p.m. | Intro to Kettlebell Ben (SRC West) (5:15 - 5:45) | | Intro to Kettlebell Ben (SRC West) (5:15 - 5:45) | | |
| 5:30 p.m. | | Cycling Plus Donna (SRC East) | | Cycling Plus Donna (SRC East) Barre Merina (SRC West) | |
| 6 p.m. | Intro to TRX Julie (SRC East) | | Intro to TRX Julie (SRC East) | | |
| 6:30 p.m. | | Restorative Yoga Laurel (SRC West) Intro to Weights Jamie (SRC East) | | Restorative Yoga Laurel (SRC West) Intro to Weights Jamie (SRC East) | |
| 7:30 p.m. | | Cardio Dance Jessica (SRC West) | | Cardio Dance Jessica (SRC West) | |

Fitness schedule is subject to change. All classes are 50 minutes long, unless otherwise noted. Classes are unlimited and first come, first served drop-in for all public and employee members. Students can access unlimited fitness classes for \$25 per seven-week section; stop by the SRC Information Desk to purchase access. No refund provided for cancelled or removed classes.



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CLASSES

CLASS DESCRIPTIONS

Barre

An energizing whole-body workout focusing on small muscle isolation that increases tone and strength.

Cardio Dance (Progressive Class)

This class is designed to teach you fun and energetic dance combinations aimed towards improving your overall cardio health and endurance. Participants will gradually be pushed to grow their personal endurance at their own pace while still learning.

Cycling

Pedal your way to a healthier heart and lungs while building leg strength and endurance. Control the intensity of your ride with the twist of your wrist. All experience levels welcome!

Cycling Plus

Pedal your way to a healthier heart and lungs while building leg strength and endurance. Control the intensity of your ride with the twist of your wrist. This class includes core work off the bike. All experience levels welcome!

Glute Bootcamp

This lower-body-focused class is designed to help you maximize growth and strength in your glutes. Through a combination of targeted exercises and progressive resistance training, you'll sculpt and strengthen your lower body.

Intro to TRX (Progressive Class)

Learn the fundamentals of using TRX suspension straps to build total-body muscular strength and endurance. This class will gradually introduce participants to TRX movements, and is a great way for beginners to start strength training.

Intro to Kettlebell (Progressive Class)

Learn the fundamentals of using kettlebells. This class will gradually introduce participants to kettlebell movements.

Intro to Weights (Progressive Class)

Learn the fundamentals of weight training. This class will gradually introduce participants to free-weight movements using bodyweight, dumbbells, and barbells. This is a great way for beginners to start strength training.

Kettlebell Express (Progressive Class)

This short 30-minute class utilizes kettlebells and body weight activities for a quick, full-body strength training and conditioning workout. Classes will start with repetitive, simple kettlebell movements/exercises, and will progress to more complex, higher intensity activities after several weeks.

Pilates (Progressive Class)

Improve strength, flexibility, technique/alignment, and coordination. By emphasizing proper breathing and concentration on smooth, slow, flowing movements, you become strong and aware of your body and how to control movements.

Restorative Yoga

Combines slow movements and breath work to give your body a break and encourage muscle recovery. This low-intensity, low impact class will help relieve stress and anxiety, release sore muscles, and increase flexibility.

SlowFlow Yoga

This gentle, therapeutic yoga class is based in the Vinyasa Flow tradition, with the speed turned down to slow-flow. This approach is particularly beneficial for low-back pain sufferers. If you've never done yoga before, this is a great place to start. And if you're a seasoned veteran, this is a great place to find your restorative practice.

Stretch and Tone

This is a class for participants who have tight muscles or just need stretching for relaxation. With overall goals to improve flexibility and mobility, this class will emphasize proper breathing, concentration, static holds, and alignment.

Sunrise Yoga

This Vinyasa flow style class combines breath practice with strengthening movements that gradually wake up your mind and body. This morning class will bring you energy and set a positive tone for your day.

TRX Bootcamp (Progressive Class)

Challenge both strength and endurance in this class using TRX suspension straps, sandbells, kettlebells, bands, sliders, and more!

***Progressive Class** = Each session or week builds upon knowledge and challenge from previous classes.*

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