

Fall 2017 Group Exercise Schedule

Tuesday, August 22, 2017 through Thursday, December 14, 2017

Monday

Yoga 5:30 to 6:30 p.m. * Held in room 123/124 of Kirk Hall

Zumba 8 to 9 p.m. *Held in the Gym

Tuesday

Step & Sculpted 5 to 6 p.m.

Butts & Guts 6 to 7 p.m.

Wednesday

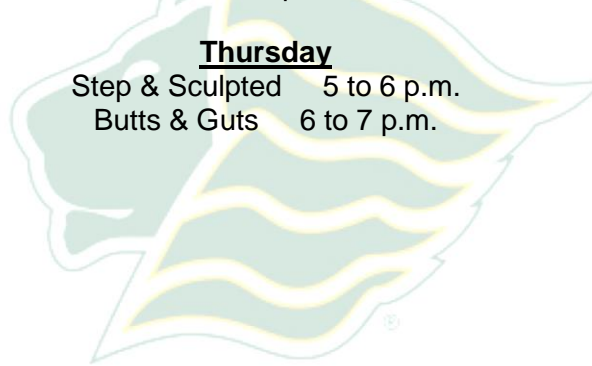
Yoga 5:30 to 6:30 p.m. * Held in room 123/124 of Kirk Hall

** No class on September 9/13**

Thursday

Step & Sculpted 5 to 6 p.m.

Butts & Guts 6 to 7 p.m.



All classes are held in the Fitness Center Group Exercise Room unless otherwise noted.

Butts & Guts: A butt-kicking, gut-wrenching, thigh-toning class aimed at improving your lower body and core. This class is for all levels.

Step & Sculpted: Step & Sculpt is a high-energy interval training class that alternates between intermediate/advanced step choreography with intensive muscle conditioning for a total body workout.

Yoga: Our yoga class promote stamina, strength, flexibility, balance, body awareness, and mental clarity by focusing on alignment and incorporating yogic breathing, meditation, and relaxation techniques. All levels welcome!

Zumba: A Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop.