



# RECREATION

## Fall Semester Group Exercise Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5pm		<b>*Yoga</b> 5 - 6pm @ Kirk 218 (Alexandra) <i>Maximum 10 people</i>	<b>*Step and Sculpted</b> 5 - 6pm @ Fitness Center (Ashley)	<b>*HIIT</b> 5 - 6pm @ Fitness Center (Allie)	<b>*Step and Sculpted</b> 5 - 6pm @ Fitness Center (Ashley)	
6pm		<b>*HIIT</b> 6 - 7pm @ Fitness Center (Jess)	<b>*Butts and Guts</b> 6 - 7pm @ Fitness Center (Ashley)	<b>*Boot Camp</b> 6 - 7pm @ Fitness Center (Jess)	<b>*Butts and Guts</b> 6 - 7pm @ Fitness Center (Ashley)	
7pm		<b>*Kettlebell</b> 7 - 8pm @ Fitness Center (Angelo)	<b>*Abs</b> 7 - 8pm @ Fitness Center (Angelo)			
8pm						

**\*Yoga** - Yoga is balance, harmony and control of mind, body, and spirit. It is not about the pose, it is what you learn on your way to getting there. Yoga is not a religion, it's a beautiful lifestyle; a daily practice that helps us value ourselves, others, nature and God. Your god.

**\*HIIT** - This fun and ever changing class will feature a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind! Modifications for all fitness levels are provided.

**\*Kettlebell** - An intense, full body workout using only kettlebells. You will learn a variety of kettlebell workouts along with the proper technique to use these weights and effectively perform the exercises.

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

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

**\*Abs** - This circuit-style workout deals specifically with the abdomen. We will hit each section of the abdomen and work up a sweat while doing so!

**\*Full Body Boot Camp** - Blast your body into shape with intervals of cardio, strength and muscle endurance in this action packed class utilizing weights and more!

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