

Group Exercise Schedule Fall 2009 (August 24-October 17)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30am	Indoor Cycle (Studio B)		Indoor Cycle (Studio B)			
10:15-11:45am						Cycle & Sculpt (Studio B)
12:00-1:00pm	Total Body Sculpt (Studio A)		Total Body Sculpt (Studio A)			Zumba® (Studio B)
12:15-1:00pm	Yoga Flow (Studio B)	Boot Camp (Studio A)	Yoga Flow (Studio B)	H, B & T *12:30-1:00* (Studio A)	Total Body Sculpt (Studio A)	
1:00-1:20pm	All About Abs (Studio A)	All About Abs (Studio A)	All About Abs (Studio A)	All About Abs (Studio A)	All About Abs (Studio A)	
4:00-5:00pm	Total Body Sculpt (Studio A)	Cycle & Abs (Studio B)	H,B &T *4:45-5:15* (Studio B)	Cycle & Abs (Studio B)		
5:30-6:30pm	Strength N' Conditioning (Studio A) Indoor Cycle (Studio B)	Total Body Sculpt (Studio A) Deep Water Circuit (ONAT Deep End)	Boot Camp (Studio A) Indoor Cycle (Studio B)	Cardio N' Sculpt (Studio A) Deep Water Circuit (ONAT Deep End)		
6:40-7:00pm	All About Abs (Studio A)	All About Abs (Studio A)	All About Abs (Studio A)	All About Abs (Studio A)		
7:15-8:15pm	20/20/20 (Studio A) Indoor Cycle (Studio B)	Zumba® (Studio B)	20/20/20 (Studio A)	Total Body Sculpt (Studio A)		

**Due to
Labor Day, the
Rec. Center is
closed 9/7**

Fitness Services □ Student Recreation & Wellness Services □ 330.972.8373
Visit us online at www.zipsrec.uakron.edu

Schedule subject to change, and classes may be cancelled due to low participation.

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the University is at their own risk and that the University is not responsible for any incidents, injuries or loss of property that may occur.

Class Descriptions and Level Guide

Beginner: For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

Intermediate: For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

Advanced: For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

All Levels: These classes allow participants to work at their own pace and comfort level.

Water Classes:

Deep Water Circuit: This class has high intensity and aerobic activity in the deep end of the water. This workout consists of aquatic movements that encourage cardiovascular fitness. *(all levels)*

Cardio and Toning Classes:

20/20/20: This class combines three workouts in one to give you the ultimate challenge and total body workout! Sweat through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and core work! *(all levels)*

All About Abs: Perfect for those that want to target those abs and low back in an effective 20-minute workout. *(all levels)*

Bootcamp: Get ready for camp! This is a fun and fast paced workout utilizing cardio and strength drills. Be prepared to sweat! *(intermediate and advanced)*

Cardio N' Sculpt: Get it all done at once; A combination of both cardio and strength training all in one class! Enjoy a mix of Step aerobics, Kickboxing, BOSU, body sculpting moves and much more! *(all levels)*

Hips, Buns & Thighs (H,B&T): 30 minutes dedicated to targeting the glutes, hamstrings and quads! Bars, weights, balls and more will be used. *(all levels)*

Strength N' Conditioning: This 60-minute strength conditioning class focuses on muscular endurance while maintaining an elevated heart rate. *(intermediate and advanced)*

Total Body Sculpt- This strength training workout will work all of your major muscle groups with use of balls, bands, weights and more! *(all levels)*

Zumba®: Combining high energy and motivating music, this unique, Latin-based class will allow you to dance away your worries! *(all levels)*

Mind/Body Classes:

Yoga Flow: This class will be sure to harmonize the mind, body and spirit, while stabilizing and strengthening the entire body through a flowing Yoga series. We encourage you to bring your own Yoga mat.* *(all levels)*

*Yoga mats may be purchased in the Information Office.

Group Cycling Classes: (Class size limited to 20 participants. Pick up a cycling pass at the front desk starting 30 minutes prior to start of class)

Cycle Express: All of the components of a traditional cycling class condensed into 45 heart pumping minutes! *(all levels)*

Cycle & Sculpt: This class starts with 45 minutes of cycling followed by 30 minutes of core strengthening exercises. *(all levels)*

Indoor Cycle: This 60 minute class will simulate riding over various terrain. Enjoy hills, flats, intervals and more! *(all levels)*

Group Exercise Policies

Class participation is on a first come, first serve basis

There is a 10 minute grace period after which class is closed to late-coming participants

Appropriate athletic attire is required

Athletic footwear only permitted on wooden floors

Participants are required to follow the instructed format

Beverages permitted in closed, plastic bottles only; No Food