UNIVERSITY RECREATION
GROUP FITNESS SCHEDULE
MAY 8 - JUNE 1

MON 5:15-6PM SPIN EXPRESS - ALAN - STUDIO 1
TUES 12-12:35PM JUNGLE GYM CIRCUITS - TARA - FITNESS FLOOR
TUES 5:15-6PM LEAN & MEAN - ED - STUDIO 2
WED 5:15-6PM TOTAL BODY SCULPTING - MAUREEN - STUDIO 2
THU 12-12:35PM JUNGLE GYM CIRCUITS - TARA - FITNESS FLOOR
THU 5:15-6PM LEAN & MEAN - ED - STUDIO 2

CLASS DESCRIPTIONS

- LEAN AND MEAN: This high-energy interval class combines strength training and cardiovascular conditioning. This class supports muscle toning, fat loss, endurance and abdominal training using cardio, strength and stabilization exercises.

- JUNGLE GYM CHALLENGE: Using all the fun training tools, the jungle gym and it's monkey bars, learn some fun new tricks to add to your workout bag! Promises to be fun, intense and quick!

- TOTAL BODY SCULPTING: Define, tone and strengthen your total body. All types of equipment is used for a challenging and fun workout! ALL Fitness Levels welcome.

- SPIN EXPRESS: An amazing 35-40 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels.

SCHEDULE AVAILABLE ONLINE
WWW.COASTAL.EDU/RECREATION/FITNESS
NEW SCHEDULE EACH MONTH
STAY TUNED FOR JUNE