

Campus Recreation Group Exercise Class Schedule 2014

New classes for Faculty/Staff only! Check out classes below


August 18 - August 30

coastal.edu/recreation

STUDIO #1				STUDIO #2				STUDIO #3			
Monday				Monday				Monday			
6:30-7:15am	Wake up Ride	Fatima	1	4:30-5pm	Ab Blast	Dori	2	4:30-5:30pm	Pilates - Ball	Mikayla	3
12:15-1pm	Lunchtime Cycle	Bryan	1	5:15-6pm	All Muscle	Victoria	2	5:30-6:30pm	Yoga	Tain	3
6:30-7:30pm	Spinning	Emily	1	6:15-7pm	HIIT	Stef	2	6:45-7:15pm	Boot Camp Circuits	Liza	3
				7:15-7:45pm	Ab Blast	Erica P.	2	7:30-8:45pm	Power Flow Yoga	Lydia	3
				7:45-8:45pm	Hip Hop Cardio	Natasha	2	9-10pm	Zumba	Natalie	3
Tuesday				Tuesday				Tuesday			
12-12:45pm	Spin Xpress	Jenna	1	5:15-5:45pm	15/10/5- Cardio/Strength/Core	Liza	2	1-2pm	Yoga for Strength & Balance	Lydia	3
4:15-5:15pm	Spin & Core	Emily	1	6:15-7pm	Cardio Kick Intervals	Victoria	2	5:30-6:30pm	Pilates	Lee	3
6:30-7:15pm	Spinning	Lee	1	7-8pm	Zumba Step	Lindsey	2	6:30-7:45pm	Hatha Yoga	Amy	3
				8:15-9pm	Butts N Gutts	Clarissa	2	8-9pm	Fitness Yoga	Chris	3
				9-10pm	Zumba Toning	Lauren	2				
Wednesday				Wednesday				Wednesday			
6:30-7:15am	Wake up Ride	Fatima	1	4:30-5pm	Ab Blast	Dori	2	4:30-5:30pm	Cardio Combo	Mikayla	3
12:15-1pm	Lunchtime Cycle	Bryan	1	6:15-7pm	HIIT	Stef	2	5:30-6:30pm	Yoga (Starts Sept 3)	Tain	3
5:15-6pm	Spin Xpress	Dori	1	7:15-7:45pm	Ab Blast	Erica P.	2	6:45-7:15pm	Boot Camp Circuits	Liza	3
6:30-7:30pm	Spinning	Emily	1	7:45-8:45pm	Hip Hop Cardio	Natasha	2	7:30-8:45pm	Power Flow Yoga	Lydia	3
								9-10pm	Zumba	Natalie	3
Thursday				Thursday				Thursday			
12-12:45pm	Spin Xpress	Jenna	1	5:15-6:15pm	Advanced Pilates	Mikayla	2	1-2pm	Cardiyoga	Lydia	3
6:15-7:15pm	Spin & Core	Emily	1	6:15-7pm	Cardio Kick Intervals	Victoria	2	6:30-7:45pm	Hatha Yoga	Amy	3
				7-8pm	Zumba Step	Lindsey	2	8-9pm	Yoga	Chris	3
				8:15-9pm	Butts N Gutts	Clarissa	2				
				9-10pm	Zumba Toning	Lauren	2				

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TRX TRAINING CLASSES
OFFERED ON
2ND LEVEL OF HTC STUDENT REC CENTER
FITNESS FLOOR



Monday	Fitness Floor (upper level)	Instructor	Room	Wednesday	Fitness Floor (upper level)	Instructor	Room
6:15-7pm	TRX Circuits	Erica P.	FF	6:15-7pm	TRX Circuits	Erica P.	FF
Tuesday	Fitness Floor (upper level)	Instructor	Room	Thursday	Fitness Floor (upper level)	Instructor	Room
12-12:45pm	TRX Training	Fatima	FF	12-12:45pm	TRX Training	Fatima	FF

STUDIO #1				STUDIO #2				STUDIO #3			
Friday				Friday				Friday			
12:15-1pm	Lunchtime Cycle	Bryan	1	3-3:45pm	HIIT	Lydia	2	4-5pm	Yoga for Strength & Balance	Lydia	3
				5-6pm	Hip Hop Cardio	Natasha	2	6-7pm	Zumba	Heidi	3
WEEKEND CLASSES								GROUP EXERCISE CLASS TIPS:			
Saturday - Studio #3				Sunday - Studio #1				<ul style="list-style-type: none"> - Don't be afraid to try out new classes! - Be sure you work at your pace, not others or the instructor - Be sure to bring water and replenish before, during & after workouts! - Respect others in the class –be on time & don't disrupt with talking & socializing during the class. - Most importantly Have a blast! Find a workout you love & bring a friend! 			
11-12pm	Zumba	Heidi	3	6-8pm	Cycle Cinema	Emily	1				
1-2pm	Fitness Yoga	Chris	3	Sunday - studio #2							
				12-1pm	Zumba	Lindsey	2				

Class Descriptions

CARDIO FITNESS

BOOT CAMP CIRCUITS A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout! BOOT CAMP CIRCUITS is same workout, but on timed intervals.

CARDIO COMBO: cardio/ circuit class -Its for all levels, as long as you are willing to sweat! It's a mix of dance fitness and interval strength training and flexibility!

H.I.I.T: (High Intensity Interval Training) Workouts are 15 to 30 minutes in duration, that include short, intense sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and **not appropriate for beginners.**

HIP HOP CARDIO Move & Sweat to the latest tracks, working with dance moves that will burn calories without you realizing it! Don't miss the fun!

KICKBOX INTERVALS Combine the effectiveness of high intensity work with kickboxing moves and you'll get not only a fun class, but a dynamic workout!!

ZUMBA This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **Zumba Step** - add the traditional step for more choreography **Zumba Toning** - add weights

MIND/BODY

ADVANCED PILATES: Taking the basics and adding the extra challenge. Producing balanced body which is strong and supple, flat stomach, balanced legs, and a strong back. Not recommended for beginners.

CARDIOYOGA A brisk paced class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

FITNESS YOGA Come experience fitness based yoga. Empower your mind and strengthen your body as you move through a series of poses. Geared for fitness enthusiasts.

HATHA YOGA A yoga experience that focused on the heart center and alignment in each pose to get maximal stretch and postures. All levels welcome.

PILATES The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

PILATES BALL - Use the ball & challenge your core muscles, while improving balance & overall body tone.

POWER FLOW YOGA Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

YOGA A challenging body/mind adventure incorporating asanas, breathing & mindfulness for a complete yoga experience.

YOGA FOR STRENGTH & BALANCE Combination of Ashtanga, &, yoga styles. This class focuses on alignment, breathing, & balance. Participants of all levels are welcome & should expect a lighthearted, but physically challenging experience.

FACULTY/STAFF ONLY FITNESS CLASSES

These classes are geared for and targeted to CCU Faculty & Staff.

Monday 5:15-6pm Beginner Spinning - Studio 1 - Tara

Monday 12-12:35pm NO Sweat Strength - Studio 2 - Tara

Tuesday 1-1:45pm Cardio/Strength Circuits - Studio 2 - Liza

Wednesday 12-12:35pm NO Sweat Strength Studio 2 - Tara

Wednesday 5:15-6pm All Muscle - Studio 2 - Victoria

Thursday 1-1:45pm Cardio/Strength Circuits - Studio 2 - Liza

Thursday 5:30-6:30pm Zumba - Studio 3 - Heidi

See Class descriptions for more details on the class.

TRX SUSPENSION TRAINING

TRX CIRCUITS Using the TRX training system alongside other equipment to provide a variety of circuits to get strong & lean!

TRX TRAINING TRX Suspension Training class that will focus on the essentials to develop form & technique and use the basic exercises to transform your idea of a body weight workout! All levels welcome!

STRENGTH

AB BLAST Learn proper form & technique for strong core development in this ABSolutely awesome class.

BUTTS & GUTS Tone legs and core like never before in this 45 minute class

ALL MUSCLE A complete strength workout, hitting all your muscles to make you a lean machine.

SPINNING *Must bring towel and water bottle!*

LUNCHTIME CYCLE Get a workout on your lunch break - 35 minute ride

CYCLE CINEMA - A longer ride watching a movie! Instructor led, but paced to enjoy the show!

SPIN® Express A shorter ride. 30-40 minute ride, Bring your water! All levels welcome!

SPIN & CORE 40-45minute ride, followed by 15 minutes of exercises to strengthen your core! Don't miss this one!

SPINNING® An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels.

WAKE UP RIDE Start your morning off right with a 35 minute ride to get your body burning calories early!