

Campus Recreation Group Exercise Class Schedule

March 1 - March 29 Spring 2014

<u>Monday</u>				<u>Wednesday</u>			
Monday	<u>Spinning Studio #1</u>	<u>Instructor</u>	<u>Room</u>	Wednesday	<u>Spinning Studio #1</u>	<u>Instructor</u>	<u>Room</u>
7:45-8:30am	Wake up Ride	Fatima	1	7:45-8:30am	Wake up Ride	Fatima	1
12:15pm-1pm	Spin Xpress	Bryan	1	12:15pm-1pm	Spin Xpress	Bryan	1
5:30-6:15pm	Spin Xpress	Erica N.	1	5:30-6:15pm	Spin Xpress	Erica N.	1
7-8pm	Spinning	Emily	1	7:45-8:45pm	Spinning	Lee	1
Monday	<u>Group X Studio #2</u>	<u>Instructor</u>	<u>Room</u>	Wednesday	<u>Group X Studio #2</u>	<u>Instructor</u>	<u>Room</u>
8:30-9:15am	Insanity - ALL Levels	Alison P	2	8:30-9:15am	Insanity - ALL Levels	Alison P	2
5-5:45pm	HIIT	Lydia	2	5-5:45pm	HIIT	Stef	2
6-6:45pm	Butts & Gutts	Clarissa	2	6-6:45pm	Butts & Gutts	Clarissa	2
7-7:30pm	Ab Blast	Erica P.	2	6:45-7:45pm	Power Pilates	Lee	2
7:45-8:45pm	Zumba	Natasha	2	7:45-8:45pm	Zumba	Natalie	2
Monday	<u>Mind/Body Studio #3</u>	<u>Instructor</u>	<u>Room</u>	Wednesday	<u>Mind/Body Studio #3</u>	<u>Instructor</u>	<u>Room</u>
5-6pm	Zumba	Kasey	3	5-6pm	Zumba	Kasey	3
6-7:15pm	Power Flow Yoga	Lydia	3	6-7:15pm	Advanced Power Flow Yoga	Lydia	3
8-9pm	Fitness Yoga	Chris	3	8-9pm	Fitness Yoga	Chris	3
9-10pm	Hip Hop Cardio	Natasha	3	9-10pm	Hip Hop Cardio	Natasha	3
Monday	<u>Fitness Floor (upper level)</u>	<u>Instructor</u>	<u>Room</u>	Wednesday	<u>Fitness Floor (upper level)</u>	<u>Instructor</u>	<u>Room</u>
6-6:45pm	TRX Circuits	Erica P.	FF	6-6:45pm	TRX Circuits	Erica P.	FF
<u>Tuesday</u>				<u>Thursday</u>			
Tuesday	<u>Spinning Studio #1</u>	<u>Instructor</u>	<u>Room</u>	Thursday	<u>Spinning Studio #1</u>	<u>Instructor</u>	<u>Room</u>
12:30-1:15pm	Spin Xpress	Tara	1	12:30-1:15pm	Spin Xpress	Tara	1
5:30-6:15pm	Spin Xpress	Erica C.	1	6:30-7:30pm	Spinning	Erica N.	1
6:30-7:30pm	Spinning	Emily	1				
Tuesday	<u>Group X Studio #2</u>	<u>Instructor</u>	<u>Room</u>	Thursday	<u>Group X Studio #2</u>	<u>Instructor</u>	<u>Room</u>
1-2:15pm	Shotokan Karate	J. Solazzo	2	11:30-12:45pm	Shotokan Karate	J. Solazzo	2
4-4:30pm	Ab Blast	Dori	2	4-4:30pm	Ab Blast	Dori	2
5:45-6:30	Boot Camp Circuits	Liza	2	5:45-6:30	Boot Camp Circuits	Liza	2
6:30-7:30pm	Kickbox Intervals	Lee	2	6:30-7:30	Kickbox Intervals	Lee	2
8:15-9:15pm	Zumba	Lindsey	2	8:15-9:15pm	Zumba	Lindsey	2
Tuesday	<u>Mind/Body Studio #3</u>	<u>Instructor</u>	<u>Room</u>	Thursday	<u>Mind/Body Studio #3</u>	<u>Instructor</u>	<u>Room</u>
6:30-7:30am	Sunrise Flow Yoga	Alison M	3	6:30-7:30am	Sunrise Flow Yoga	Alison M	3
1-2pm	Yoga for Strength & Balance	Lydia	3	1-2pm	Cardiyoga	Lydia	3
5:30-6:30pm	Cardiokickboxing	Amy C	3	5:45-6:15pm	Ab Blast	Stef P.	3
6:30-7:45pm	Hatha Yoga	Amy W	3	6:30-7:45pm	Hatha Yoga	Amy W	3
7:45-8:45pm	Pilates	Lee	3	7:45-8:45pm	Pilates	Lee	3
9:30-10:30pm	LATE NITE ZUMBA	Casey	3	9:30-10:30pm	LATE NITE ZUMBA	Casey	3
Tuesday	<u>Fitness Floor (upper level)</u>	<u>Instructor</u>	<u>Room</u>	Thursday	<u>Fitness Floor (upper level)</u>	<u>Instructor</u>	<u>Room</u>
6:45-7:30am	Boot Camp Circuits	Bob	FF	12-12:45pm	TRX Training	Fatima	FF
12-12:45pm	TRX Training	Fatima	FF				

Stay connected with on Twitter @CCURec. Info & Schedules also available at:

NEW SPECIALTY CLASS COMING SOON!

CLIMB & CORE - \$10 Fee - Only 10 spots available!

4-week class Thursdays 5pm Start March 20 Register NOW online at the coastal.edu/recreation/store

Friday				Weekend			
Friday	Spinning Studio #1	Instructor	Room	Saturday	Spinning Studio #1	Instructor	Room
12:15-1pm	Spin Express	Fatima	1	11-12pm	Spinning	Erica C.	1
5-6pm	Spinning	Emily	1	Sunday	Group X Studio #2	Instructor	Room
Friday	Group X Studio #2	Instructor	Room	6-7pm	Zumba	Natalie	2
3-3:45pm	HIIT	Lydia	2	<div style="border: 1px solid black; background-color: #e0f0e0; padding: 10px; text-align: center;"> <p>NEW SPECIALTY CLASS COMING SOON!</p> <p>MISSFIT Outdoor Bootcamp</p> <p>4-week class Mon & Wed 6pm Start March 24</p> <p>Meet at the track! This class is Free - Register at the Welcome</p> </div>			
Friday	Mind/Body Studio #3	Instructor	Room				
4-5pm	Yoga for Strength & Balance	Lydia	3				
5-6pm	Zumba	Natasha	3				

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 on timed intervals.

CARDIO KICKBOXING

Get your heart rate up with punches, kicks, jabs & upper cuts! Join us for this high energy fun way to burn some calories!

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 may not be appropriate for beginners.

HIP HOP CARDIO

A high energy class that uses a combination of body toning and fun cardio moves to the latest music! Easy to follow dance moves!

INSANITY

Join the current fitness craze, with high intensity, cardio & strength moves to challenge your body and your limits!

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. Come join the fun!

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

SPINNING

SPIN® Express

The same cycling journey as SPINNING®, just a shorter ride. 30-40 minute ride, Bring your water! All levels welcome!

SPINNING®

An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels. Must bring towel and water bottle!

WAKE UP RIDE

Start your morning off right with a 35 minute ride to get your body burning calories early! Great for busy schedules—get your workout done early!

GROUP EXERCISE CLASS TIPS:

- Work at your own pace
- Bring water and replenish before, during & after workouts!
- Be on time & don't disrupt with talking during the class.

MIND/BODY

CARDIOYOGA

A brisk paced YOGA 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.

ADVANCED POWER FLOW YOGA

This class is for students with a steady yoga practice. It is a rigorous yoga class with demanding strength postures that will have you moving, breathing & sweating. During this intermediate/advanced level class, you will focus on engaging your core strength to support yourself in arm balances, twists, and inversions. Not recommended for beginners.

FITNESS YOGA

A great combination class! Strengthening yoga poses followed up with deep restorative postures to help relax the body. Great for beginners or intermediate.

HATHA YOGA

A yoga experience that focuses on the celebration of spirit and body through alignment principles, longer holds of postures, intention and relaxation. Classes can be challenging, stimulating, or soft depending on circumstance. 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.

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.

POWER PILATES

Pilates foundation with a twist. Weights and bands added to give a full body toning.

SHOTOKAN KARATE

This class will promote the spirit of karate, skills useful for self-defense, as well as a sense of integrity, courtesy, and respect for others. The ultimate goal is the perfection of ones character. This is not a mixed martial arts class.

SUNRISE FLOW YOGA

Wake up the body with a one hour class designed with a vinyasa quality of movement, but at a pace that allows all level yogis to participate to find deeper access to each pose and the practice as a whole.

YOGA FOR STRENGTH & BALANCE

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

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!

Follow us on Twitter @CCURec