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<tr>
<th>Monday</th>
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<td>1-2pm</td>
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Stay connected with on Twitter @CCURec
Info & Schedules also available at:
www.coastal.edu/recreation/fitness
Spinning Studio #1
Lydia
11-12pm
Spinning
Emily
Studio #2
Group X Studio #2
2
1
6-7pm
Group X Studio #2
Room
2
Natasha
YOGA class to keep the heart rate elevated while
Iyengar, yoga styles. This class focuses on
Insanity
Saturday
Saturday
Spinning
10-10:45am
Yoga for Strength & Balance
HIIT
Lydia
Room
2
Kasey
A high energy class that uses a combination of body toning
HIIT approach to cardio exercise is very
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
instructor!
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!

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.

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.

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.
• Have a blast & bring a friend!

Follow us on Twitter @CCURec