

CU FITNESS CENTER GROUP EXERCISE CLASS SCHEDULE

Spring Semester 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00 A.M. Running/Walking Program Susie	6:00 A.M. - 7:00 A.M. Interval/Circuit Training Susie	6:00A.M.-7:00A.M. Running/Walking Program Susie	6:00 A.M. - 7:00 A.M. Interval/Circuit Training Susie	6:00 A.M. - 7:00 A.M. Running/Walking Program Susie
5:15 P.M. - 6:15 P.M. Zumba Robin	5:15P.M.-6:15P.M. Body Flow/Mini Body Pump Susie	5:15 P.M. - 6:15 P.M. Zumba Robin	5:15 P.M. - 6:15 P.M. Body Pump/Kettlebell Training Susie	5:15 P.M. - 6:15 P.M. Zumba Robin
5:30-6:30 P.M. CrossFit Jenna		5:30-6:30 P.M. CrossFit Jenna	5:30-6:30 P.M. CrossFit Jenna	6:30-7:30 P.M. Belly Dancing Heather

GROUP EXERCISE CLASS DESCRIPTION

Belly Dancing: suitable for all ages, improves posture, muscle toning, weight loss, stress reduction, sexy and fun.

Zumba: Is a total body dance based workout that combines cardiovascular and interval training to torch fat and calories, whittle your middle, and sculpt your hips, thighs, and glutes. With incorporation of Latin Rhythms and international dance steps, Zumba is a fun way to "feel good" and easy to do workout that energizes your mind and body.

Kettlebell Training: Is a cast iron weight used to perform ballistic exercises that combine cardiovascular, strength and flexibility.

Circuit: Intervals of cardiovascular work and strength exercises to tone the heart and muscles. This is a great combination class that combines the benefits of step aerobics and strength training.

Running/Walking Program: Meet at the Fitness Center and get your running/walking shoes ready! As a group you will walk/run either as a group inside on the track or outside and perform the Aggie Mile.

CrossFit: is a core strength and conditioning program. The CrossFit program is designed for universal scalability making it the perfect for any application committed individual regardless of experience.



