

# University of Southern Indiana

## SPRING 2017

### Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 am			<b>Butts N' Guts</b> Kenzie (RM 125)				
12:05-12:55 pm	<b>Cardio Blitz</b> 30 minutes Donna (RM 125)	<b>Tone IT!</b> Donna (RM 125)	<b>Body Blast</b> Kelsey (RM 125)	<b>Butts N' Guts</b> Donna (Rm 125)	<b>Cize</b> Christie (RM 125)		
	<b>Butts N' Guts</b> Kristin (Rm 126)	<b>Yoga</b> Andrew (RM 115)	<b>Pound</b> Marian (RM 126)	<b>PiYo</b> Marian (RM 115)	<b>Tai Chi</b> Ron (RM 115)		
3:30-4:30 pm		<b>Roll it out</b> <b>FOAM ROLLER</b> 30 minutes Sandi (RM 125)	<b>Yoga</b> Andrew (RM 115)		<b>Yoga</b> Andrew (RM 125)		
5:00-6:00 pm	<b>Step &amp; Tone</b> Marian (Rm 125)			<b>Pound</b> Marian (RM 126)			
5:30-6:15 pm		<b>Indoor Cycling</b> Colleen (Rm 126)	<b>Cardio Kick</b> Sandi (RM 125)				
6:15-6:30pm	<b>Core Strength</b> Ashley (RM 126)			<b>Core Strength</b> Marian (RM 126)			
6:45-7:45 pm	<b>Indoor Cycling</b> Ashley (Rm 126)	<b>ZUMBA</b> Danielle (RM 125)	<b>Butts N' Guts</b> Emily (RM 125)	<b>Dance Fit</b> Kaylen (Rm 125)			<b>Butts N' Guts</b> 45 minutes Kenzie/Kelsey (RM 125)
8 – 9 pm	<b>Yoga</b> Katie (RM 125)	<b>Butts N' Guts</b> Kara (Rm 125)	<b>ZUMBA</b> Kat/Mary (RM 125)				
<b>CLASSES IN HOUSING</b>							
9:15-10 pm	<b>Butts N' Guts</b> Kaylen(Newman)	<b>Yoga</b> Amber(HRL)					

For additional information, please call the RFC @ 461-5268

## **RFW Group Exercise Classes and Descriptions**

**Body Blast:** Weights and cardio. Cardio and weights. Body Blast does both to work your ENTIRE body!

**Butts-N-Guts:** A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

**Cardio Blitz:** An all-out crazy cardio session – sure to have you sweating in no time!

**Cardio Kick:** A challenging, intense, Tae-Bo® like cardio workout that utilizes kicks and punches to give you the ultimate kickboxing workout.

**Cize:** Beachbody's dance workout that will make you sweat – all while having fun!

**Core Strength:** Tone and strengthen your abs and low back with this intense 15-minute workout.

**Dance Fit:** A fun way to burn calories while you DANCE!!! Pretend you are out with your friends and burn some serious calories!

**Indoor cycling:** A class designed to increase cardiovascular fitness and leg strength. A great break from a normal running routine.

**Piyo:** A combination of Pilates and Yoga to strengthen, stretch and de-stress.

**Pound:** The first workout inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

**Roll it out – Foam Roller:** Take 30 minutes out of your day to foam roll – just like getting a deep tissue massage. Foam rollers are supplied.

**Step:** A variety of basic and new step movements are intermixed to provide a fun cardio workout. Add some strengthening moves for a fantastic workout!

**Tai-Chi:** The relaxed approach to physical fitness! This ancient martial art practice, sometimes referred to as “meditation in motion”, is a series of slow, gentle movements that can improve balance, flexibility, and muscular endurance; a great way to reduce stress and lower blood pressure.

**Tone IT!:** A combination of cardio and weights for a total body workout that blasts calories while toning and trimming your entire body.

**Yoga:** A traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures and breathing techniques.

**ZUMBA:** A fun way to burn calories while you DANCE!!! Pretend you are out with your friends, burning calories and having FUN!