



Get Fit, Have Fun, Live Well!

SPRING 2011

Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:30 am		Pilates Marian (RM 125)				
11 am - 12 pm						Cardio Blast (RM 125)
12:05-12:55 pm	Butts N' Guts Donna (RM 125)	ZUMBA Marian (RM 125)	Step Marian (RM 125)	Pilates Marian (RM 125)	Tai Chi Ron (RM 125)	
	Indoor Cycling Marian (RM 126)	Body Sculpt Donna (RM 126)	Triple Threat Donna (RM 126)	Yoga Denise (RM 126)	Yoga Zoe (RM 126)	
3:15-4:15 pm	Yoga Denise (RM 125)	Triple Threat Donna (RM 126)				
4:30-4:45 pm	Core Strength Marian (RM 125)	Core Strength Marian (RM 125)	Core Strength Marian (RM 125)	Core Strength Tiffany (RM 125)	Core Strength Donna (RM 125)	
5:00 -6:00 pm	ZUMBA Marian (RM 125)	Step Marian (RM 125)	Pilates Marian (RM 125)	Turbo Jam Tiffany (RM 125)	Butts N' Guts Donna (RM 125)	
5:00 - 5:15 pm	Core Strength Cindy (RM 126)	Core Strength Lena (RM 126)	Core Strength Lena (RM 126)	Core Strength Cindy (RM 126)		
5:30 -6:30 pm	Body Sculpt Cindy (RM 126)	Cardio Kick Sandi (RM 126)	Yoga Zoe (RM 126)	Indoor Cycling Cindy (RM 126)		
6:15-6:30 pm	Core Strength Tiffany (RM 125)	Core Strength Mackenzie (RM 125)	Core Strength Ashley (RM 125)	Core Strength Tiffany (RM 125)		
6:45-7:45 pm	Step Tiffany (RM 125)	Butts N' Guts Sandi (RM 125)	Triple Threat Ashley (RM 126)	ZUMBA Alice (RM 125)		
8:00 - 8:15 pm	Core Strength Sandi (RM 125)	Core Strength Sandi (RM 125)	Core Strength Ashley (RM 125)	Core Strength Ashley (RM 125)		
8:30 - 9:30 pm	Boot Camp Sandi (RM 125)	Yoga Sandi (RM 125)	Butts N' Guts Ashley (RM 125)	Step Ashley (RM 125)		

Class Descriptions can be found on the back of this page or by visiting the RFW website at www.usi.edu/rfw

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

***Modifications may be made to schedule as necessary.**



RFW Group Exercise Classes and Descriptions

Body Sculpt: A combination of upper and lower body exercises used to strengthen and tone all major muscle groups using a variety of equipment.

Boot Camp: This sports conditioning based class is targeted for all levels. It focuses on agility, speed, power and strength while using a variety of techniques and exercise equipment.

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

Cardio Blast: Depending on the instructor, depending on the day, this workout will be different each week. A combination of cardio and weights that will get your heart pumping and calories burning for an overall workout.

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

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

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

Pilates: A series of non-impact exercises to develop strength, flexibility, balance and inner awareness.

Step: A variety of basic and new step movements are intermixed to provide a fun cardio 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.

Triple Threat: An intense cardio combination of step, cycling, and circuit training for a full-body slimming and toning workout.

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: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.