

# Beaman Student Life Center

## Spring '07 GROUP FITNESS SCHEDULE

*Effective January 10, 2007*

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am		STEP Interval	Pilates	STEP Interval	
7:00am	Indoor Cycling		Indoor Cycling		
10:00am			Salsa Magic		
11:40		Awesome Abs		Awesome Abs	
12:00		Cardio Tone	Street Jamz	Core Secrets	Indoor Cycling
5:00pm	Flow Yoga	20/20/20	Cardio Kickbox	Yoga	
6:00pm	Simply Step	Pilates		20/20/20	
7:00pm		Street Jamz		Indoor Cycling	

### CLASS DESCRIPTIONS:

**20/20/20:** Incorporates 20 minutes of jumping rope, 20 minutes of strength training and 20 minutes of abdominal work.

**Awesome Abs:** This 15-minute class focuses solely on the abdominals. If you're looking to tone and define your abdominals, this is the class for you!

**Core Secrets:** Integrates balance and stability with exercises that challenge the cardiovascular system, increases muscle strength and flexibility.

**Flow Yoga:** This yoga is a fast-paced, intense style of yoga which will give you all the benefits of a good workout!

**Street Jamz:** This class is a great cardio workout, it's full of great dance moves to get that blood flowing and those calories burning!

**Indoor Cycling:** A 45 minute cardiovascular conditioning workout, which utilizes a bike for an outdoor riding experience.

**Pilates:** Flexible strength-pilates mat combines stretching and yoga along with core strength exercises to sculpt and strengthen the body.

**STEP Interval:** This class focuses on total body conditioning. It combines STEP intervals and strength training moves that tone the entire body.

**Salsa Magic:** Your starting point for Hot Latin Dancing! Learn how to feel the Latin beat and move your body while you practice easy leading and following techniques with fun-but-simple patterns. (This is a 6 week class, beginning January 24 and ending February 28.)

**Cardio-Kickboxing:** Mixes aerobic and anaerobic elements, which incorporate the use of your fists, elbows, feet and knees. This intense cardiovascular program will transition you from a gradual warm-up to an intense high kicking workout that will keep your heart rate high and end with a cool down.

**Simply Step:** This class utilizes the traditional aerobic step for a cardio routine that is sure to get your heart rate elevated. A combination of moves and transitions both on and off the steps will keep you moving while not getting overly complex for the footwork challenged.

**Yoga:** Relaxation, breathing & stretching.

**Cardio Tone:** A cardiovascular workout that combines basic choreography on the step with high repetitions to give the ultimate cardio and toning workout experience. It's basic but it's tough!

#### **Indoor Cycling: Rules of the Road**

1. Sign up at the ACD 24 hours in advance to assure yourself a spot in all spinning classes.
2. Bring plenty of water
3. Class size is limited to 8 participants.

\*\* This class is challenging yet self-paced. So, give it your all or pace yourself – you decide.