

GROUP X-ercise for May 21 - June 29, 2012

All classes in UC Activity Room

Summer Session I

Course	Time	Instructor	Course	Time	Instructor
MONDAY			THURSDAY		
Pilates	11:45 am - 12:30 pm	Pattye	Pilates	11:45 am - 12:30 pm	Melissa
Total Body Sculpt	12:30 - 1:15 pm	Lisa	Zumba Inspired	12:30 - 1:15 pm	Jessica
Spin	4:30 - 5:15 pm	Amy	Yoga	3:00 - 4:00 pm	Stephanie
Zumba	5:30 - 6:30 pm	Michelle	Boot Camp	5:30 - 6:30 pm	Karen
Kettle Bell Inspired	6:30 - 7:30 pm	Lisa	Sculpt & Abs	6:30 - 7:15 pm	Dolores
TUESDAY			West African Dance	7:30 - 8:30 pm	Yamoussa
Spin	11:30 am - 12:15 pm	Victoria	FRIDAY		
HITT (High Intensity Interval Training)	12:30 - 1:30 pm	Lisa	Yoga	7:00 - 8:15 am	Stephanie
Kickboxing	5:30 - 6:30 pm	Karen	Spin	11:30 am - 12:15 pm	Donna/Heather
Masala Bhangra	6:30 - 7:15 pm	Ashley	Zumba	12:30 - 1:30 pm	Nicole
West African Dance	7:30 - 8:30 pm	Yamoussa	SATURDAY		
WEDNESDAY			Spin	10:15 - 11:15 am	Heather/Victoria
Yoga	11:30 am - 12:45 pm	Brian	SUNDAY		
20 Step, 15 Weights & 10 Floor	12:45 - 1:30 pm	Melissa	Yoga	6:15 - 7:30 pm	Stephanie
Zumba	5:30 - 6:30 pm	Michelle			
Spin	6:30 - 7:15 pm	Amy			
Sculpt & Burn (Cardio & Strength)	7:30 - 8:15 pm	Lisa			

Personal Training continues through the Summer

Stop by the UC equipment desk to fill out an inquiry form if you are interested in your own certified personal trainer!

Purchase an Introductory package for \$55.00 for 2 sessions (45 min for the 1st session and 30 min for the 2nd session) which Includes a Health Risk and Fitness Assessment plus an Introduction to the Fitness equipment. Then your personal exercise prescription for session #2.

Personal Training Packages* are 30 min in length:

*5 sessions for \$25/each or \$125

*10 sessions for \$23/each or \$230

Stop by the equipment desk for more information or visit:

cmu.edu/athletics/recreation/fitness/personaltraining.html

Special Announcements Free Walking Group on Wednesday @ Noon on the Track Noon - 1:00 pm - Meet on the track
No classes on Fri May 25th, Sat May 26th and Mon 28th, Memorial Day. UC closed Mon, May 28th Memorial Day.
 Bring a friend, all classes open to the community.

Group- X Punch Cards

12 punch cards \$40

good thru August 2013

NEW - ALL Classes ONE Punch

Unlimited Group X for
Carnegie Mellon id holders

\$45 Summer One

May-21 thru June-29

Checks Only at Equipment Desk

Single class cards-\$5

@ Info or Equipment Desks

*All classes are subject to
cancellation at the
discretion of the
Coordinator of Fitness*

Unlimited Group X Card

**Must have a valid
Carnegie Mellon id**

\$45 for 6 weeks

May 21st-June 29th

**Take as many classes
as you like!**

