

GROUP X-exercise from October 11- December 5, 2010 - Mini 2

All classes in UC Activity Room

Course	Time	Instructor	Course	Time	Instructor
Monday			Thursday		
Pilates	12:00 pm - 12:30 pm	Pattye	Pilates	12:00 pm - 12:30 pm	Melissa
Upper Body Training	12:30 pm - 1:15 pm	Lisa	20-20-20 Cardio/Weights/Abs	12:30 pm - 1:30pm	Ivan
Spin	4:15 pm - 5:00 pm	Jeff	Yoga	3:00 pm - 4:00 pm	Stephanie
* Intro to Step	5:00 pm - 5:30 pm	Anjela	Boot Camp	5:30 pm - 6:30 pm	Rachel/Karen
Zumba	5:30 pm - 6:30 pm	Michelle	* Modern Dance	6:30 pm - 7:30 pm	Emma
Step & Abs	6:30 pm - 7:30 pm	Rachel	West African Dance	7:30 pm - 8:45 pm	Yamoussa
Vinyasa Flow Yoga	7:30 pm - 8:45 pm	Sarah	Friday		
Tuesday			Yoga	7:00 am - 8:15 am	Stephanie
Swimming for Fitness	7:45 am - 8:30 am	Pattye	Yoga	11:20 am - 12:20 pm	Brian
Spin	11:45 am - 12:30 pm	Donna	Spinning	12:30 pm - 1:30 pm	Stacia/Jeff
** Functional Training	12:30 pm - 1:30 pm	Ivan	Muay Thai	5:30 pm - 6:45 pm	James
Kickboxing	5:30 pm - 6:30 pm	Karen	Saturday		
Pilates	6:30 pm - 7:15 pm	Dolores	Spin	10:15 am - 11:15 am	Victoria
West African Dance	7:30 pm - 8:45 pm	Yamoussa	Yoga	11:15 am - 12:30 pm	Brian
Wednesday			Sunday		
Yoga	11:20 am - 12:20 pm	Brian	Muay Thai	12:00 pm - 1:15 pm	James
Step Interval	12:30 pm - 1:30 pm	Melissa	* Cardio Funk	5:00 pm - 6:00 pm	Lexi
* Intro to Yoga	5:00 pm - 5:30 pm	Donna	Yoga	6:15 pm - 7:30 pm	Stephanie
Spin	5:30 pm - 6:25 pm	Stacia			
Zumba	6:30 pm - 7:30 pm	Michelle			
Water Aerobics	6:30 pm - 7:15 pm	Dolores			
Step & Abs	7:30 pm - 8:25 pm	Rachel			
Vinyasa Flow Yoga	8:30 pm - 9:45 pm	Emily			

Group-X Punch Cards
 12 punch card - \$40
 Checks Only at
 Equipment Desk
 Yoga - 2 Punches
 \$40 cards good thru
August 2011
 Single class cards-\$4 & \$7
 at Info or Equipment Desks
No Refunds
No Exchanges

DROP IN ANYTIME
 Classes are ongoing,
 bring a friend.
 All classes are open to the
 outside community.

**** PLEASE NOTE ****
 Classes are subject to
 cancellation at any time at the
 discretion of the
 Fitness Director

Special Announcements:

No Classes
Mid-semester Break: October 15-16-17
Thanksgiving: November 24-28

Look for special finals schedule December 7th

NEW
 * **Intro to Step, Intro to Yoga** - Learn the basics at a slower pace while still having fun with fitness.
 * **Cardio Funk** - Cardio class using moves of hip-hop-belly-dancing-jazz and Latin Groove. No dance experience needed. A great fun way to get fit!
 * **Modern Dance** - A fun expressive class to keep your creative juices flowing while moving in a non rigid way. Come explore time, space, shape and movement in this inspiring class. No dance experience needed.

Returning:
 ** **Functional Training** - Exercises that focus on strength and flexibility for daily activities, all levels.

