



# Campus Recreation

## Group Exercise Class Schedule 2016

### February 1 - February 26

STUDIO #1	STUDIO #2	STUDIO #3	FITNESS FLOOR (2ND LEVEL)
<b><u>Monday</u></b>	<b><u>Monday</u></b>	<b><u>Monday</u></b>	<b><u>Monday</u></b>
9-9:35am Quick Spin Tara	12-12:35pm Faculty/Staff Strength Tommy	4-5pm Advanced Pilates Mikayla	5:30-6:15pm TRX Circuits Steve
12:15-1pm Lunchtime Cycle Maureen	4:30-5:15pm <i>PI-Yo (coming soon)</i> Megan	5:15-6:15pm Zumba Natalie	
6-6:45pm Spinning Maureen	5:30-6:15pm HIIT Lydia	6:30-7:45pm Power Flow Yoga Lydia	
	7:30-8:30pm Gentle Yoga Christa	8pm-9pm Yoga Bianca	
<b><u>Tuesday</u></b>	<b><u>Tuesday</u></b>	<b><u>Tuesday</u></b>	<b><u>Tuesday</u></b>
6:15-7:15pm Spinning Maureen	5-5:45pm Total Body Sculpting Maureen	7am-8am Sunrise Yoga Christa	12-12:45pm TRX Circuits Victoria
8:15-9:30pm Spin Yoga Tommy	6pm-6:45pm Boot Camp Ron	1-2pm Yoga for Strength & Balance Lydia	
	<b>7pm-8pm Climb &amp; Core Nick</b>	5:15-5:45pm Ab Blast Ron	
	8:00-9:00pm Zumba Lindsey	6:30-7:45pm Hatha Yoga Amy	
		9:15-10:15pm Yoga Bianca	
<b><u>Wednesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Wednesday</u></b>
9-9:35am Quick Spin Tara	12-12:35pm Faculty/Staff Strength Tommy	5:30-6:15pm Boot Camp Nick	5:30-6:15pm TRX Circuits Steve
12:15-1pm Lunchtime Cycle Maureen	4:30-5:15pm <i>PI-Yo (coming soon)</i> Megan	6:30-7:45pm Power Flow Yoga Lydia	
6-6:45pm Spinning Maureen	5:15-6:15pm Interval Training Victoria		
	6:20-7:20pm Zumba Danielle		
	7:30-8:30pm Gentle Yoga Christa		
<b><u>Thursday</u></b>	<b><u>Thursday</u></b>	<b><u>Thursday</u></b>	<b><u>Thursday</u></b>
6:15-7:15pm Spinning Maureen	5-5:45pm Total Body Sculpting Maureen	7-8am Sunrise Yoga Christa	12-12:45pm TRX Circuits Victoria
8:15-9:30pm Spin Yoga Tommy	6pm-6:45pm Boot Camp Nick	1-2pm Cardioyoga Lydia	
	8:00-9:00pm Zumba Lindsey	5:25-5:45pm Ab Blast Nick	
		6:30-7:45pm Yoga Bianca	
<b><u>Friday</u></b>	<b><u>Friday</u></b>	<b><u>Friday</u></b>	<b><u>Friday</u></b>
12:15-1pm Lunchtime Cycle Maureen		4-5pm Yoga for Strength & Balance Lydia	

# Class Descriptions

## Spring 2016

CHECK OUT  
NEW SCHEDULES MONTHLY  
COASTAL.EDU/RECREATION

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### STRENGTH

**AB BLAST** Learn proper form & technique for strong core development in this ABSolutely awesome class.  
**Faculty/Staff Strength:** A complete strength workout, hitting all your muscles to make you a lean machine.

#### PiYo (coming mid- february)

Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo..PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

**TOTAL BODY SCULPTING:** Define, tone and strengthen your total body. All types of equipment is used for a challenging and fun workout! ALL Fitness Levels welcome.

### TRX SUSPENSION TRAINING

**TRX CIRCUITS** Using the TRX training system alongside other equipment to provide a variety of circuits to get strong & lean!

**TRX TRAINING** TRX Suspension Training class that will focus on the essentials to develop form & technique and use the basic exercises to transform your idea of a body weight workout! All levels welcome!

### SPINNING *Must bring towel and water bottle!*

**LUNCHTIME CYCLE** Get a workout on your lunch break - 35 minute ride

**SPIN YOGA** 30-35minute ride, followed by 15-20 minutes of yoga to focus on flexibility and strength.

**SPINNING®** An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels.

**QUICK SPIN®** - For those short on time or like a quick cardio workout! Join us for a great,

### CARDIO FITNESS

**BOOT CAMP** A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout!

**H.I.I.T:** (High Intensity Interval Training) Workouts are 15 to 30 minutes in duration, that include short, intense sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and **not appropriate for beginners.**

**INTERVAL TRAINING** This class is a fusion of Strength and Cardio. Get a great workout designed for all fitness levels.

**ZUMBA** This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

### MIND/BODY

**ADVANCED PILATES:** Taking the basics and adding the extra challenge. Recommended for those wanting a challenge!

**CARDIOYOGA** A brisk pacedclass to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

**HATHA YOGA** A yoga experience that focused on the heart center and alignment in each pose to get maximal stretch and postures. All levels welcome.

**PILATES** The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

**POWER FLOW YOGA** Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

**GENTLE YOGA:** Give your body a chance to restore with restful, intentional postures to help bring your body back into balance.

**SUNRISE YOGA:** Start your morning the right way with salutations and postures that wake the body and get you ready to face the day!

**YOGA FOR STRENGTH & BALANCE** Combination of Ashtanga, &, yoga styles. This class focuses on alignment, breathing,& balance. Participants of all levels are welcome & should expect a lighthearted, but physically challenging experience.

**YOGA:**Focused for Beginners: We will build strength and flexibility. Basics postures & perfect new ones. Yoga will test your body to new limits. We will try new and fun things