# Group Fitness - Fall 2017

Classes Run:
**August 28th – December 7th**

$5 for 1x Pass  
$40 per session  
$90 for All Access Pass

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>TOTAL BODY CONDITIONING 5:15pm-6:00pm MPR 1</td>
<td>SPINNING 6:30am-7:15am Spin Studio</td>
<td>YOGA STRETCH 12:00pm-12:45pm Mind/Body</td>
<td>SPINNING 6:30am-7:15am Spin Studio</td>
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<td>ZUMBA 5:15pm-6:00pm MPR 2</td>
<td>POWER YOGA* 4:30pm-5:15pm Mind/Body *Class begins 9/12</td>
<td>PILATES* 4:15pm-5:00pm Mind/Body *Class begins 9/13</td>
<td>SPINNING 5:15pm-6:00pm Spin Studio</td>
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<td>ZUMBA 5:15pm-6:00pm MPR 2</td>
<td>TOTAL BODY CONDITIONING 5:15pm-6:00pm MPR 1</td>
<td>ZUMBA 7:15pm-8:00pm MPR 2</td>
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<tr>
<td>BARRE FUSION 6:15pm-7:00pm MPR 1</td>
<td>VINYASA YOGA* 5:30pm-6:15pm Mind/Body *Class begins 9/12</td>
<td>SALSA 5:15pm-6:00pm MPR 2</td>
<td>MPR 1: Multi Purpose Room 1, Lower Level</td>
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<td>POUND FITNESS 6:15pm-7:00pm Mind/Body</td>
<td>POWER YOGA* 6:30pm-7:15pm Mind/Body *Class begins 9/12</td>
<td>POWER YOGA* 5:15pm-6:00pm Mind/Body *Class begins 9/13</td>
<td>MPR 2: Multi Purpose Room 2, Lower Level</td>
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<td>BARRE FUSION 6:15pm-7:00pm MPR 1</td>
<td>Mind/Body: Mind &amp; Body Room, Lower Level</td>
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<td>SATURDAY</td>
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<td>FREE POWER YOGA* 12:00-12:45pm SLUruba</td>
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<td>*Class begins 9/9 &amp; are free to Simon Rec Members all semester!</td>
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**Register Online**  
shopcampusrec.slu.edu

For more information visit  
www.slu.edu/life-at-slu/campus-recreation  
Call 314-977-3181  
Email campusrec@slu.edu
GROUP FITNESS CLASS DESCRIPTIONS

**Barre Fusion**
Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work complement Barre work to push you to exhaustion.

**Merengue y Bachata**
Ready to take a trip to the Caribbean Sea? Merengue will be making its grand debut at the Simon Rec Center. Having originated in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. Huge emphasis is on styling is to be expected. For the second half of the semester, there will be a romantic turn of events. Bachata, an eight step count from the same country, will take center stage. A significant amount of time will be spent on how to communicate with subtle changes in your posture. Body language is key. No knowledge of Spanish is needed.

**Pilates**
This mat class is based on exercises developed by Joseph T. Pilates, a physical therapy pioneer. By developing your core control, this class re-patterns, realigns your body to improve balance and coordination. Decompress your joints to improve circulation while promoting strength and flexibility.

**POUND®**
Join us for this cardio jam session where you get to rock out using rip sticks - your own set of drum sticks. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out!

**Power Yoga**
With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga is definitely an intense workout that will make you sweat. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you’ll quickly be out and moving on to the next asana. In Power Yoga you lift and hold your entire body’s weight. These classes incorporate a serious number of Vinyasas, and they’re definitely going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

**Salsa**
Spice your life up! This class is hot, spicy, and full of exotic Latin flavor. Learn steps and styling’s of the hottest Latin dances. In addition to footwork, we will focus on connection, technique, and lead/follow skills. These patterns can be led socially at any salsa club around the world! Bring a partner or come alone but be ready to sweat! Singles Welcome!

**Spinning**
The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

**Total Body Conditioning**
Are you looking for a rewarding alternative to the typical exercise class and an exhilarating way to get in shape? Well, this is the class for you. This class will increase your stamina, flexibility & endurance by offering strength training, core work and (if you’re looking for it) weight loss. Every piece of exercise class equipment will be used, including kettlebells and your body weight. Customized for ALL fitness levels.

**Vinyasa Yoga**
This dynamic style of yoga is also commonly known as “flow,” as it involves smooth and conscious movement from one pose to another. Vinyasa yoga is a beautiful form of yoga that unites breath with movement while also incorporating balance, strength and flexibility. Vinyasa Yoga is magnetic, drawing countless yogis to discover strength, joy, freedom, and transformation.

**Yoga Stretch**
Reduce stress with this re-discovered ancient form of exercise and meditation, which focuses on flexibility, strength, balance and serenity. Movement of the breath through the various positions helps increase your mind/body connection.

**Zumba**
This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your total body. You’ll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.

All classes are held in the Simon Recreation Center. Reasonable efforts will be made to find a make-up date(s)/time(s) for classes postponed due to unforeseen circumstances. Class minimums must be met in order for a class section to run. Classes are on a first come, first served basis. Late Registrations: If space allows, anyone may register at any time for the session. Once half the classes have passed, the fee will be reduced 50%. Refunds: All program, service and membership sales are final. Refunds due to unforeseen medical conditions will be considered on a case-by-case basis. The Director of Campus Recreation or a designee may approve other exceptions/special circumstances. All refunds are subject to prorating as well as processing fees. To be considered for a special circumstance please email campusrec@slu.edu.

FOR MORE INFORMATION VISIT
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