Group Exercise Classes

Simon Recreation Center  Spring 2007  Session II

**Aerobics**

Aerobic exercise is the best way to make you sweat! You'll tone up and burn calories in these fun and challenging classes. Our Aerobics program offers a variety of disciplines including Step, Interval Step, Boot Camp, Strength/ flexibility and core conditioning. **Must be a Simon Recreation Center member to participate.**

**Class Size:** Minimum 20 registrants, no maximum

**Cost:** 30 per 8-week session or $4 per class (Fee includes participation in as many classes as you like).

**Class Days/Time:** Monday thru Thursday 5:15 to 6:15 pm

**Session II:** Monday, March 19 to Thursday, May 3

**Kickboxing**

This aerobics kickboxing class provides instruction and technique on a combination of kickboxing, martial arts, and boxing moves, including blocks, punches, jabs and kicks. With the emphasis on aerobics, this class will kick start your workout!

**Class Size:** 8 minimum, 20 maximum

**Cost:** (per 6-week session): $50 SRC members  $74 non-members

**Class Days/Time:** Monday & Tuesday / 4:00 pm - 5:00 pm

**Session II:** Monday March 26 to Tuesday May 1

**Zumba (Cardio Hip Hop)**

The hottest fitness craze has arrived at SLU. This dynamic fusion of cardio dance workout with international and hip hop beats 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. Now with hip hop flava.

**Class Size:** 8 minimum, 20 maximum

**Cost:** (per 6-week session): $25 SRC members  $37 non-members

**Class Days/Time:** Tuesday / 7:00 pm-8:00 pm

**Session II:** Tuesday March 27 to Tuesday May 1

- **Plus Aerobics**

Put some real variety into your workouts. Register for Yoga, Pilates (afternoons) or a Spinning section and get aerobics too. By participating in two group exercise programs, you'll get plenty of cross training. This is your best aerobic value and is $20 less than registering separately. **MUST be a Simon Recreation Center member to participate.** (Spinners must select a reserved class section.) Aerobics is an 8-week session while the others are 6-week sessions.

**Cost:** $10 per session

---

**Late Registrations:** Anyone may register at any time for a Fitness Program as long as there is availability in the class. Once half the classes have passed, the fee will be reduced to half. This requires the approval of the Fitness Coordinator.

**Refunds:** 1) Before a class has started anyone may receive a full refund for any reason. 2) Once classes have started, scheduling conflicts will first be resolved by switching sections or courses. A pro-rated refund is possible for documented health or schedule changes. Refunds will not be made after half the class dates have passed – exceptions may be made in extraordinary situations.