



# Your Summer for Fitness

SLU Rec Fitness Classes  
Summer 2017, May 22 to Aug 11

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**20 / 20 / 20** - 20 minutes of cardio, 20 minutes of strength training and 20 minutes all core and abs training. You'll be surprised and amazed at the variety. Every class is different.

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

**Body Sculpt** - A non-aerobic sculpting class that helps tone, strengthen and sculpt your muscles using free weights, resistance bands and your own body. Designed to provide you with an overall body workout for all levels of fitness.

**HIIT** - High-Intensity Interval Training is a training technique in which you give all-out, total effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. Loads of variety, each class is a new experience. Anyone can participate because exercise modifications will be offered at each class. A great way to rev up your cardio training!

**Insanity Workout** - Insanity is a high intensity cardio workout that tones and strengthens your body in a shorter amount of time. High intensity intervals are followed by short recovery periods. Come ready to sweat and leave knowing you've completed a challenging workout.

**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!

**Salsa** - Spice up your life! This class is hot and full of exotic Latin flavor. Learn the steps and styling 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 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. Come and have fun with us!

**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. This class follows many traditional poses and series but also incorporates a few new twists and maybe even a foam roller. You'll always leave feeling calm but with an extra little skip in your step!

**Zumba** - 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.



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## Fitness class schedule by class name

20 / 20 / 20	Wednesday	6:15p	MPR #1
**Aqua Zumba	Monday	6:15p	Indoor Pool
Body Sculpt	Monday	Noon	MPR #1
HIIT (High Intensity Interval Training)	Tuesday	5:15p	MPR #1
*Insanity Workout	Thursday	5:15p	MPR #1
**Pound Fitness	Monday	5:15p	Mind/Body
**Salsa	Wednesday	5:15p	MPR #2
***Spinning	Monday	5:15p	Spin Studio
Spinning	Tuesday	6:30 A	Spin Studio
Spinning	Thursday	6:30 A	Spin Studio
Spinning	Thursday	5:15p	Spin Studio
Total Conditioning	Wednesday	5:15p	MPR #1
Yoga Stretch	Wednesday	Noon	Mind /Body
Zumba	Wednesday	5:15p	MPR #2

### Special class schedule

\*Insanity Workout begins June 1

\*\* Pound, Aqua Zumba and Salsa run June 12 – July 21 (6-weeks)

\*\*\*Spinning Monday at 5:15pm runs June 12 – August 7 (9-weeks)

### No classes

Monday, May 29 for Memorial Day

Tuesday, July 4 – Independence Day

If you have any questions or comments regarding fitness classes, please contact:

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