

FALL 2018
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FALL 2018 GROUP FITNESS SCHEDULE

CLASSES RUN AUGUST 27TH - DECEMBER 15TH

****NO CLASSES 9/3, 10/20-10/23 OR 11/21-11/25****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SLOW FLOW YOGA 6:30AM	SPINNING 6:30AM	SLOW FLOW YOGA 6:30AM	SPINNING 6:30AM	SLOW FLOW YOGA 9:00AM	HIIT 10:30AM
POWER YOGA 9:00AM	KICKBOXING 9:00AM	POWER YOGA 9:00AM	KICKBOXING 9:00AM	POWER HIIT CYCLE 11:30AM-12PM	SUNDAY
URBAN KICK 12:00PM	CARDIO PILATES 12:00PM	TOTAL STRENGTH 12:00PM	CARDIO & CORE 12:00PM	YOGA 12:00PM	SLOW FLOW YOGA 11:00AM
HIP HOP DANCE 4:15PM	POWER YOGA 4:15PM	SPINNING 4:15PM	POWER YOGA 4:15PM		MEDITATION 11:45AM
SPINNING 4:15PM	15-MIN CORE CRUNCH 5:00PM	15-MIN MEDITATION 5:00PM	15-MIN CORE CRUNCH 5:00PM		
15-MIN MEDITATION 5:00PM	HIIT 5:15PM	SALSA 5:15PM	STRENGTH TRAINING 5:15PM		
ZUMBA 5:15PM	KIZOMBA DANCE 6:00PM	YOGA 6:00PM	ZUMBA 7:00PM		
POUND 6:15PM	POWER YOGA 7:00PM	MERENGUE/BACHATA 6:15PM			
STRENGTH TRAINING 7:00PM		MAT PILATES 7:00PM			

LOCATIONS	
MULTI-PURPOSE ROOM 1	MULTI-PURPOSE ROOM 2
MIND/BODY ROOM	SPIN STUDIO
INDOOR POOL DECK	UPPER LEVEL STUDIO

DROP IN/1X PASS: \$5.00 - ALL INCLUSIVE PASS: ~~\$75.00~~ \$35



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FALL 2018 GROUP FITNESS CLASS DESCRIPTIONS

****ALL CLASSES ARE 45 MINUTES EXCEPT WHEN NOTED****

15-MIN CORE CRUNCH - A short but jam-packed 15 minute session focusing solely on your core. The class mixes quick high-intensity movements with slower Pilates maneuvers, all aiming to strengthen your abdominal muscles. Prepare to create a strong core, get your heart rate up and your core working, no matter your level of fitness.

15-MIN MEDITATION - Meditation is a practice by which a person achieves a greater sense of awareness, wisdom, introspection, and a deeper sense of relaxation. Spend 15 minutes with us to explore the various techniques of mediation and being at peace.

CARDIO & CORE - Cardio core combines high energy movements including Pilates, toning, stretching and core strengthening while using both aerobic and stability balls, light weights and bands. Come join this fun fitness class to improve your balance, strength and flexibility.

CARDIO PILATES - Cardio Pilates features full-body conditioning drills and Pilates movements. We'll begin with a strong emphasis on fat-burning cardio, including lower & upper body concentrations. This class also increases flexibility using core exercises and muscle strengthening by stretching and use of low impact weights.

HIIT - High Intensity Interval Training, or HIIT as it's known, mixes short bursts of all-out effort with a quick rest period, maximizing your workouts and improving your overall fitness. This class targets your cardiovascular and strength abilities in one single workout. As long as you are willing to give it everything you got, this class is perfect for you!

HIP HOP DANCE - This is a beginner-intermediate hip hop class, going over the basics of hip hop dancing. Students will learn technique, musicality, and flair through short lessons on grooves, followed by learning short combinations and longer choreography later in the semester.

KIZOMBA DANCE - Evolving out of Angola, Kizomba is now danced internationally around the world to world music with a kizomba beat. This close partner dance moves smoothly and grounded as it flows in the music. The class teaches traditional and urban kizomba, tarraxinha, how to move your body properly, and the lead-follow connection skills that can be used in any social partner dance.

MAT 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.

MERENGUE/BACHATA - Originating in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. For the second half of the semester, 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.

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 HIIT CYCLE (SPIN) - This 30 minute High Intensity Interval Training (HIIT) spinning class will make you work hard, followed by periods of rest. If you need a quick, high energy class which will make you sweat, this is it! High energy music with a high energy instructor! A perfect start to your weekend or a great end of week stress reliever!

POWER YOGA - With its roots in Ashtanga Yoga, this class moves quickly. 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. These classes incorporate a serious number of Vinyasas, and they're going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

SALSA - 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.

SLOW FLOW YOGA - This slow flow yoga class moves at a slow pace and focuses on deeper alignment and breath connection. Slow flow will guide you through poses focusing on strength and stability through a body-mind awareness. Slow flow helps create a space to slow down from life's full throttle speed, leaving you with, not only a nice stretch, but also feeling great on the inside and the out.

TOTAL STRENGTH/STRENGTH TRAINING - A class dedicated to total body resistance training for increased strength, endurance, muscle toning, overall conditioning, balance and flexibility. Yes, you can do it all in one class! Come workout and apply basic principles of training each muscle group to become stronger and leaner. Easy to follow and adaptable for all levels of fitness. Taught by a certified fitness instructor who will guide you through effective and challenging levels of strength training while keeping you engaged and moving throughout the class.

URBAN KICK/KICKBOXING - This dynamic class combines cardio kickboxing moves with high intensity athletic drills to improve fat metabolism, functional strength, and increased caloric burn. During this total body workout, you will punch, kick, squat, sprint and lunge your way to increased strength, power, speed and agility, and torch calories! Easy to follow combinations with lots of options to work at any level of intensity for a custom and varied workout for beginners and experienced participants alike.

YOGA - This traditional yoga class will practice postures to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Come ready to sweat, breathe and get centered.

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.