

# SPRING 2019 GROUP FITNESS SCHEDULE

CLASSES RUN JANUARY 14TH - MAY 11TH, 2019  
NO CLASSES JANUARY 21ST, MARCH 9TH - 17TH AND APRIL 18TH - 22ND

## MONDAY

### RESISTANCE STRETCHING

12:00PM - ALISON  
MIND/BODY ROOM

### POWERYOGA

1:00PM - BRENDAN  
MIND/BODY ROOM

### URBAN KICK

4:15PM - EMILY  
MULTI-PURPOSE ROOM 1

### ZUMBA

5:15PM - ALEX  
MULTI-PURPOSE ROOM 2

### SPINNING

6:00PM - MICHELLE  
SPIN STUDIO

### POUND

6:15PM - ALEX  
MIND/BODY ROOM

### BOOT CAMP

7:00PM - MICHELLE  
MULTI-PURPOSE ROOM 2

## TUESDAY

### SPINNING

6:30AM - FRANK  
SPIN STUDIO

### KICKBOXING

12:00PM - HANNAH  
MULTI-PURPOSE ROOM 1

### POWERYOGA

4:15PM - COLLEEN  
MIND/BODY ROOM

### 15-Minute CORE CRUNCH

5:00PM - BEN  
MULTI-PURPOSE ROOM 1

### HIIT

5:15PM - BEN  
MULTI-PURPOSE ROOM 1

### POWERYOGA

7:00PM - BRENDAN  
MIND/BODY ROOM

## WEDNESDAY

### TOTAL STRENGTH

12:00PM - EMILY  
MULTI-PURPOSE ROOM 1

### POWERYOGA

1:00PM - BRENDAN  
MIND/BODY ROOM

### SALSA

5:15PM - ALEX  
MULTI-PURPOSE ROOM 2

### YOGA

6:00PM - MARIA  
MIND/BODY ROOM

### MERENGUE/ BACHATA

6:15PM - ALEX  
MULTI-PURPOSE ROOM 2

### MAT PILATES

7:00PM - MARIA  
MIND/BODY ROOM

## THURSDAY

### SPINNING

6:30AM - FRANK  
SPIN STUDIO

### HIIT

12:00PM - HANNAH  
MULTI-PURPOSE ROOM 1

### POWERYOGA

4:15PM - MARIA  
MIND/BODY ROOM

### 15-Minute CORE CRUNCH

5:00PM - BEN  
MIND/BODY ROOM

### HIIT

5:15PM - MARIA  
MIND/BODY ROOM

### HIP HOP DANCE

6:00PM - MARCUS  
MULTI-PURPOSE ROOM 2

### ZUMBA

7:00PM - MARCUS  
MULTI-PURPOSE ROOM 2

## FRIDAY

### POWER HIIT CYCLE

12:30PM - FRANK  
SPIN STUDIO

### POWERYOGA

1:00PM - BRENDAN  
MIND/BODY ROOM

## SATURDAY

### HIIT

10:30AM - BEN  
MULTI-PURPOSE ROOM 1

## SUNDAY

### POWERYOGA

6:00PM - MARIA  
MIND/BODY ROOM

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SAINT LOUIS UNIVERSITY  
CAMPUS RECREATION AND WELLNESS

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**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.

**BOOT CAMP** - This class will mix traditional calisthenic and body weight exercises with interval training and strength training. Your instructor will push you harder than you'd push yourself in a positive, efficient and challenging group setting with something for everyone.

**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.

**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.

**MAT PILATES** - This mat class is based on exercises developed by Joseph T. Pilates, a physical therapy pioneer. 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.

**RESISTANCE STRETCHING** - A relatively new form of dynamic stretching where the muscle is lengthening while contracting against a force. This type of stretching is great for athletes and for those new to exercise, for generally inflexible AND extremely flexible people too. In class you will learn the basic lower and upper body resistance stretches, balance, and occasional foam rolling.

**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. 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. 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 STRENGTH** - A class dedicated to total body resistance training for increased strength, endurance, muscle toning, overall conditioning, balance and flexibility. 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.

**ZUMBA** - This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your to tal 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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