3-2-1: Do you want to get your cardio, core, and resistance training all in one workout? 3-2-1 is designed to incorporate cardio, core, and resistance training into a single workout. 3-2-1 uses a variety of different equipment and targets multiple muscle groups. This class will challenge you physically and mentally but at the end of class you will feel a sense of accomplishment.

Aquafit - Deep Water: Water exercise designed to maximize your toning workout through minimal impact using a deep water flotation belt.

Arthritis Stretch: A body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, hips, arms and back. It puts emphasis on spiral and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance

Pilates: An intense cardio workout filled with interval plyometric movements with core strength and abdominal focus. Each class is different and can be modified to your fitness level. All fitness levels welcome.

ROCK30 Ab Blast – This 30 minute core shredding workout will have your core looking lean and mean! The class will involve a variety of core training techniques all designed to give you the lean waistline you’ve always wanted.

ROCK30 Glute Camp - This glute class will get you to that lower body burn that you crave. While the focus of the class will be lower body, we will definitely be hitting some core as well! This 30-minute class will definitely get you moving and feeling good!

ROCK30 HIT Happens - A high-intensity class that will be sure to get your heart rate up. Each class will be something different from bodyweight heavy routines to new fun and exciting ways to use the equipment. This 30-minute class will definitely get you moving and feeling good!

ROCKSpin: This class is all about simulating an outdoor bike experience to music. The instructor will guide you through a ride that includes sprints, jumps, and seated/standing climbs. Please bring a towel and water bottle.

Total Body Fitness: A high energy fitness program that will incorporate HIIT (High Intensity Interval Training), plyometrics, and variety of other methods to challenge you from head to toe.

Yoga - Funky Flow: Principles of fitness interval training and resistance training maximize caloric output, fat burning, and total body toning. It’s a way of mixing body sculpting movements with easy-to-follow dance steps,” says creator Beto Perez. “It’s fun and addictive.”

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GROUP FITNESS SCHEDULE

FALL 2018

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

6 – 7 AM | Total Body Fitness | 6:30 – 7:30 AM | 6 – 7 AM | Sun Rise Yoga | 6 – 7 AM | 9 – 10 AM | 7 – 8 PM

MC & Tod GYM B | 3-2-1 Kelci GYM B | Total Body Fitness | Gabriele RPM ROOM | Total Body Fitness | MC & Tod GYM B | Yoga (Yin) Lexi RPM ROOM

3:00 AM | 6:30 – 7:30 AM | 6:30 – 7:30 AM | 8:00 – 9:00 AM | 6:30 – 7:30 AM | 10:00 – 11:00 AM

ROCKSpin Amy | Sunrise Yoga | ROCKSpin Cassie | Aquafit Deep Water | ROCKSpin MC | RPM ROOM

RPM ROOM | RPM ROOM | RPM Room | GYM B | RPM ROOM

9 – 10:30 AM | Arthritis Stretch Jim POOL | 8:00 – 9:00 AM | 7:30 – 8:30 AM | 6:00 – 6:50 PM | 7:30 – 8:30 AM | 9 – 10:30 AM | Arthritis Stretch Jim POOL

Water Carol | Yoga Victoria | Yoga Victoria GYM B | Yoga Victoria | ROCKSpin Mc | RPM ROOM

POOL | POOL | RPM ROOM | RPM ROOM

5:00 – 5:50 PM | BOGA Yoga | 12:30 – 1:00 PM | 9:00 – 10:30 AM | 6:00 – 6:50 PM | 5:00 – 5:50 PM | 4:00 – 4:50 PM | BOGA Yoga

Victoria | ROCK30 HIIT Happens Dekkel GYM B | Arthritis Stretch Jim POOL | Yoga (Funky Flow) Lexi RPM ROOM | ROCKSpin Sophia | ROCKSpin Meghan RPM ROOM

1:00 PM – 2:00 PM | 5:00 – 5:50 PM | 5:00 – 5:50 PM | 7:00 – 7:50 PM | 8:00 – 8:50 PM |

ROCKSpin Meghan | BOGA Yoga Amy | Pilates Cassie RPM ROOM | ROCKSpin Cassie | ROCKSpin (SPINSANITY) Meghan RPM ROOM

RPM ROOM | RPM Room | RPM ROOM

6:00 – 6:50 PM | BOGA Fit | 5:00 – 5:50 PM | 7:00 – 7:50 PM | 8:00 – 8:50 PM | 8:00 – 8:50 PM | 8:00 – 8:50 PM | BOGA Fit

Brittany | BOGA Fit Sydney Beck RPM Room | ROCKSpin Sydney | ROCKSpin (SPINSANITY) | ROCKSpin Kalista RPM ROOM

POOL | RPM Room | RPM Room | RPM Room

7:00 – 7:50 PM | ROCKSpin Sydney | 6:00 – 6:30 PM | 8:00 – 8:50 PM | 6:00 – 6:50 PM | 7:00 – 7:50 PM | ROCKSpin Kalista RPM ROOM

ROCKSpin Ab Blast MC RPM Room | ROCK30 | 8:00 – 8:50 PM | 6:00 – 6:50 PM | 7:00 – 7:50 PM | RPM Room | RPM Room

MC | RPM Room | RPM Room | RPM Room

8:00 – 8:50 PM | ROCKSpin | 6:00 – 6:50 PM | 8:00 – 8:50 PM | 7:00 – 7:50 PM | 8:00 – 8:50 PM | 8:00 – 8:50 PM | ROCKSpin

Kalista | Zumba | Zumba | Zumba | Zumba | Kalista RPM Room | RPM Room

RPM ROOM | RPM Room | RPM Room | RPM Room

8:00 – 8:50 PM | Zumba | 6:00 – 6:50 PM | 8:00 – 8:50 PM | 6:00 – 6:50 PM | 7:00 – 7:50 PM | ROCKSpin Kalista RPM ROOM

Dekkel | Dekkel | Dekkel | Dekkel | Dekkel | RPM Room | RPM Room

GYM B | GYM B | GYM B | GYM B | GYM B | RPM Room | RPM Room

All classes are free with an SRU ID, ARC Membership, or day pass

Classes will be held from September 4 until December 10

There will be no classes during Fall Break or Thanksgiving break

All class schedules are subject to change.

Update: 8/31/18

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