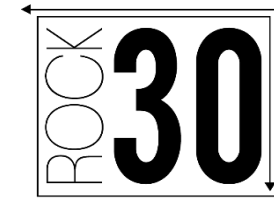
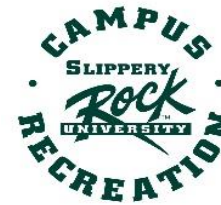


GROUP FITNESS

SPRING 2020

January 27 - May 3



MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
6:00 - 7:00 AM	Total Body Fitness	MC & Tod	Gym B
9:00 - 10:30 AM	Arthritis Stretch	Grace	Pool
10:00 - 10:50 AM	Young at Heart	Allison	Gym B
4:00 - 4:45 PM	Move-It	Andrew	RPM Room
5:00 - 5:50 PM	Pilates	Bethany	RPM Room
5:00 - 5:50 PM	ROCKSpin	Amy	Bike Studio
5:00 - 5:50 PM	BOGA Fit	Lexi D.	Pool
6:00 - 6:50 PM	Yoga	Lexi T.	RPM Room
6:00 - 6:50 PM	Hip Hop & Abs	Abby	Gym B
6:00 - 6:50 PM	ROCKSpin	Sydney B.	Bike Studio
7:00 - 7:50 PM	Funky Flow Yoga	Lexi T.	RPM Room
7:00 - 7:50 PM	ROCKSpin	Sydney K.	Bike Studio

TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
6:00 - 7:00 AM	Rock HardCore	MC	RPM Room
6:30 - 7:30 AM	ROCKSpin	Madi	Bike Studio
9:00 - 10:00 AM	Aquafit Deep Water	Carol	Pool
12:30 - 1:15 PM	Move-It	Rose	RPM Room
4:00 - 4:45 PM	Move-It	Sydney B.	RPM Room
5:00 - 5:50 PM	ROCKSpin	Alison	Bike Studio
5:00 - 5:45 PM	Move-It	MC	RPM Room
5:00 - 5:50 PM	BOGA Fit	Lexi D.	Pool
6:00 - 6:50 PM	ROCKSpin	MC	Bike Studio
6:00 - 6:50 PM	Hip Hop & Abs	Hayley	Gym B
6:00 - 6:45 PM	Move-It	Sam	RPM Room
7:00 - 7:50 PM	ROCKSpin	Liv	Bike Studio
7:00 - 7:50 PM	Flow Yoga	Gabrielle	RPM Room

WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
6:00 - 7:00 AM	Total Body Fitness	MC & Tod	Gym B
9:00 - 10:30 AM	Arthritis Stretch	Grace	Pool
10:00 - 10:50 AM	Young at Heart	Allison	Gym B
4:00 - 4:45 PM	Move-It	Tyler	RPM Room
5:00 - 5:50 PM	ROCKSpin	Amy	Bike Studio
5:00 - 5:50 PM	Pilates	Bethany	RPM Room
6:00 - 6:50 PM	ROCKSpin	Liv	Bike Studio
7:00 - 7:50 PM	ROCKSpin	Sydney K.	Bike Studio
7:00 - 7:50 PM	Unwind Yoga	Gabrielle	RPM Room
8:00 - 8:50 PM	ROCKSpin	Sydney B.	Bike Studio
8:00 - 8:50 PM	Hip Hop & Abs	Abby	Gym B

THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
6:15 - 7:15 AM	ROCKSpin	Liv	Bike Studio
9:00 - 10:00 AM	Aquafit Deep Water	Carol	Pool
12:30 - 1:15 PM	Move-It	Karly	RPM Room
4:00 - 4:45 PM	Move-It	Sydney B.	RPM Room
5:00 - 5:50 PM	ROCKSpin	Amy	Bike Studio
6:00 - 6:45 PM	Move-It	Sam	RPM Room
6:00 - 6:50 PM	ROCKSpin	Liv	Bike Studio
6:00 - 6:50 PM	Hip Hop & Abs	Hayley	Gym B
7:00 - 7:50 PM	ROCKSpin	Alison	Bike Studio

FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
6:00 - 7:00 AM	Total Body Fitness	MC & Tod	Gym B
9:00 - 10:30 AM	Arthritis Stretch	Grace	Pool
4:00 - 4:50 PM	ROCKSpin	Sydney B.	Bike Studio

SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
9:30 - 10:30 AM	ROCKSpin	MC	Bike Studio

SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
7:00 - 7:50 PM	ROCKSpin	Alison	Bike Studio

- **BEGINNERS WELCOME!**
- **Classes with limited spots are subject to special conditions.**
 - Participation ticket required
 - Available 30 minutes prior to class time.
 - **ROCKSpin (20 spots), BOGA Fit (20 spots), Move-It (12 spots)**
- Free with SRU ID, ARC Membership, or day pass
- No classes during Spring Break (3/6 - 3/14)
- Modified Class Schedule During Easter Week (See posted schedule that week)
- Modified Schedule during Finals Week (see psted schedule that week)
- Schedule is subject to change!
- Updates to schedule can be found on Campus Recreation website, CORE, Twitter, Facebook, and Instagram.
- @SRUCampusRec
- Contact Ryan Stack with questions: 724-738-2924 / ryan.stack@sru.edu

UPDATE - 1/14/20

SPRING 2020 GROUP FITNESS CLASS DESCRIPTIONS

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

Arthritis Stretch: Participants will use gentle movements to help increase range of motion while decreasing stiffness and pain. Helps improve strength/flexibility.

BOGA Fit: A high energy workout on the water. The workout combines cardio and strength training exercises, as well as Pilates and yoga-oriented movements.

Flow Yoga: In this class, participants will move dynamically from one posture into another. The continuous flow of postures makes the class or practice almost like a dance. Flow yoga unites the breath with the movement in a choreographed sequence.

Hip Hop & Abs: Dance and fitness come together in this all out cardio blast! Loud music and infectious energy will make it feel like you're not even working out!

MOVE-IT: A varied, high intensity functional training program that engages members of every fitness level. It's designed to achieve the maximal post exercise benefits of HIIT training, developing rest aerobic and anaerobic capacity to new levels.

Pilates: This class consists of low-impact flexibility, muscular strength, and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

ROCK HardCore: 30 minutes of core blasting intensity! Burn fat, burn calories, and achieve the toned core you've always wanted.

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 a water bottle.

Total Body Fitness: Using your own body weight and a variety of equipment options, challenge every muscle group and push yourself with a broad offering of strength and cardio exercises

Unwind Yoga: Connect to your breath and body and let go of your stress energy, worries and burdens. With a focus on action, alignment and breath, this practice features a nice tempo to find what feels good and listen to the body.

Yoga: Different forms of yoga will be explored throughout this semester. Class will build physical strength as well as a strong bond between the mind and the body.

Yoga (Funky Flow): An upbeat yoga class with creative transitions. It is correlated to the beat of unique and eccentric music playlists. All levels welcome!

Young at Heart: This is a fitness class specially designed for our "Silver" Seniors. This class will help keep you moving, active, and feeling young!