

# CU Fall Group Fitness Schedule August 26th-December 6th 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:15-12:00 Step Roxanne		11:15-12:00 CU Cycling Roxanne			
	12:10-12:55 *BODYPUMP™ Roxanne		12:10-12:55 *BODYPUMP™ Roxanne	12:10-12:55 Fitness Mix Express Marcy	12:30-1:30 ZUMBA Micheala	
				3:00-4:00 Zumba Micheala		
4:00-5:00 Fitness Mix Marcy	4:00-5:00 Ball Toning Brianna	4:00-5:00 Yoga Paul	4:00-5:00 Ball Toning Brianna			
5:00-6:00 Pilates Brianna	5:00-6:00 Yoga Ann	5:00-6:00 CU Cycling Tiffanee	5:00-6:00 Yoga Ann			
6:00-7:00 BODYPUMP Melissa	6:00-7:00 ZUMBA Camberly	6:00-7:00 BODYPUMP Melissa	6:00-7:00 Bossy Bootcamp Tiffanee			
7:00-8:00 ZUMBA Micheala	7:00-8:00 Fitness Mix Marcy	7:00-8:00 Fitness Mix Marcy				

**Pilates:** Very precise movements designed to lengthen muscles and improve strength by using your powerhouse!

**Fitness Mix:** A variety of different types of fitness including step, kick box, high/low, weights, yoga, and pilates!

*\*Fitness Mix Express is 45 minutes in length*

*\*Fitness Mix is 60 minutes in length*

**CU Cycling:** This is a low impact high intensity workout using bikes! It's challenging for all levels of fitness!

**Step:** Step is back! A great cardiovascular workout using choreography with the "Step"!

**Pilates:** Strengthen your core and assets with precise exercises to tone and shape!

**Yoga:** This class focuses on postures, conscious breath and relaxation to enhance flexibility, strength and endurance!

**ZUMBA:** Ditch the workout; Join the Party! This Latin inspired class will burn calories and prepare you for the clubs!

**Ball Toning:** Using a resistance ball to tone and shape your entire body while improving balance and posture! This class is for all fitness levels!

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast

*\*denotes a 45 minute BODYPUMP class.*

**Bossy Bootcamp:** Ready to pump your body and your heart rate! This class is fun and challenging with cardio drills and weight lifting!

Campus Recreation (KFC): 280-2848

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\*Schedule subject to change without notice!