

# Creighton University Campus Recreation

## Fall 2015 Group Fitness Schedule/Finals WEEK

### December 14th-December 18th

| Time                    | Class         | Instructor | <u>Friday</u><br>No classes |
|-------------------------|---------------|------------|-----------------------------|
| <b><u>Monday</u></b>    |               |            |                             |
| 6:15-7:15am             | BODYPUMP®     | Brandee    |                             |
| 12:00-12:45pm           | Yoga Sculpt   | Rachel     |                             |
| 4:40-5:25pm             | Triple Threat | Megan A    |                             |
| 5:30-6:25pm             | BODYPUMP®     | Melissa    |                             |
| 6:30-7:25pm             | Vinyasa       | Kendall    |                             |
| <b><u>Tuesday</u></b>   |               |            |                             |
| 12:00-12:45pm           | Yoga Flow     | Jenny      |                             |
| 4:40-5:25pm             | Zumba®        | Carolina   |                             |
| 5:30-6:20pm             | CU Cycling    | Mackenzie  |                             |
| 6:30-7:25pm             | BODYPUMP®     | Precy      |                             |
| <b><u>Wednesday</u></b> |               |            |                             |
| 12:00-12:45pm           | CU Cycle      | Rachel     |                             |
| 4:40-5:25pm             | Triple Threat | Megan      |                             |
| 5:30-6:25pm             | BODYPUMP®     | Melissa    |                             |
| <b><u>Thursday</u></b>  |               |            |                             |
| 6:30-7:25pm             | BODYPUMP®     | Precy      |                             |

At least **3 participants** are needed for class to be taught.

All classes will be held in **KFC Multi-Purpose Room**, unless otherwise noted.

**Group Fitness Pass:** Passes are required for ALL classes after Free Week

\* Semester Pass (15 weeks): \$25

\* Annual Pass (Fall, Spring, and Summer Semesters): \$50

**Yoga/Pilates Mats:** You are encouraged to bring your own mat to class, for good health and hygiene. \* Cost: \$10

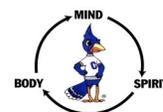
**Purchasing Group Fitness Pass and Mats:**

\* Passes and Mats can be purchased either in person or by calling the Campus Recreation Main Office in KFC, 402-280-2848.

LIKE “Creighton University Campus Recreation” on Facebook to stay up to date on all fitness activities!

This schedule is subject to change. Any changes will be noted on the Campus Recreation web-page:

[www.creighton.edu/studentservices/campusrecreationintramurals/](http://www.creighton.edu/studentservices/campusrecreationintramurals/)



# Class Descriptions

## Cardiovascular

**CU Cycling:** Join us for a ride! Increase your cardiovascular endurance while being guided through a cycling circuit of varying resistance flats, rolling hills, steady climbs, and intervals.

**Zumba®:** Featuring exotic rhythms set to high energy Latin beats, this class will make you forget that you're exercising. Enjoy this exhilarating, easy to follow, Latin-inspired, dance party while improving your cardiovascular endurance.

## Strength

**BODYPUMP®:** Try out the original barbell class that strengthens your entire body and challenges all major muscle groups as you squat, press, lift, and curl your way through class!

## Mind/Body

**Pilates:** Improve your core strength, flexibility, and body awareness while also focusing on breathing and creating a refreshing mind-body balance.

**Vinyasa Yoga:** Challenge and connect with your mind, body, and breath through this powerful and flowing vinyasa yoga practice. Flow through sequences that are both energizing and relaxing and will increase strength, flexibility, and focus.

**Yoga Flow:** uses postures and stretches in combination with the breath to develop flexibility and relaxation. We use a specific series of postures; others use a flow of movements, while some may use props such as blocks or belts to assist a posture or maximize a stretch. All styles of Yoga, however, encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner.

## Combination Classes

**Triple Threat:** (take a step in the right direction) Cardio, strength, and core training in twenty minute segments designed to help you get the most out of your workout in the least amount of time

**HIIT:** High Intensity Interval Training; class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided

**Tabata:** Whether you're looking to jump start your metabolism, gain strength or endurance, this circuit training class will maximize your aerobic and anaerobic systems working with interval of 20 seconds followed by a brief recovery interval of only 10 seconds. Repeated to exhaustion.

**Yoga Sculpt:** Get your heart pumping and energy flowing in this boot camp meets yoga class. Sculpt your body into the lean physique you want using bursts of cardio and light weights intermixed with sun salutations and yoga flows.