

Creighton University Campus Recreation

Fall 2014 Group Fitness Schedule

August 27 - December 12, 2014

Time	Class	Instructor			
Monday			Friday		
6:30-7:20am	CU Cycling	Rachel	7:30-8:30am	CU Cycling	Maggie
7:30-8:00am	Tabata	Rachel	12:00-12:50pm	Yoga Sculpt	Rachel
12:00-12:50pm	Pilates	Jessica	4:30-5:30pm	Zumba®	Grace
4-4:25pm	Hard Core	Megan A	Saturday		
4:30-5:20pm	Turbo Kick®	Megan A	10:15-11:05am	Yoga	Heidi
5:30-6:20pm	BODYPUMP®	Melissa	11:15am-12:05pm	BODYPUMP®	Precy
6:30-7:30pm	Zumba®	Jen	12:15pm-1:15pm	Zumba®	Meghan
Tuesday			Sunday		
12:00-12:50pm	Yoga	Jessica	4-4:50pm	Yoga	Jessica
4-4:50pm	Zumba®	Grace	5-6pm	Zumba®	Meghan
5-5:50pm	Yoga	Heidi			
6:00-7pm	BODYPUMP®	Precy			
Wednesday			Free Week: August 27 - September 7		
6:30-7:30am	CU Cycling	Maggie	* Take any class without having to present a Group Fitness Pass.		
12:00-12:45pm	Boot Camp	Sharniece			
3:30-4:20pm	Zumba	Jen	Classes Will Be Cancelled:		
5:30-6:20pm	BODYPUMP®	Melissa	* Labor Day Weekend: Aug. 30 - Sept. 1		
6:30-7:30pm	Turbo Kick®	Megan A	* Fall Break: Oct. 18 - Oct. 26		
			* Thanksgiving Weekend: Nov. 26 - Nov. 30		
			At least 3 participants are needed for class to be taught.		
			All classes will be held in KFC Multi-Purpose Room , unless otherwise noted.		
Thursday					
12:00-12:50pm	Yoga	Jessica			
3:30-3:55	CU Circuit	Sharniece			
4:00-4:50pm	Zumba®	Jen			
5-5:50pm	Yoga	Heidi			
6-7pm	BODYPUMP®	Precy			

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

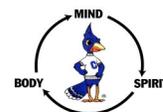
Purchasing Group Fitness Pass and Mats:

- * Passes and Mats can be purchased either in person or by calling the Campus Recreation Main Office in KFC, 402-280-2848.
- * Payment accepted: Cash, Check, Jay Bucks, or Credit Card in person OR Credit Card over the phone.

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/



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.

Turbo Kick®: This up-tempo class combines kickboxing and simple dance moves with upbeat music. The unique movement patterns, combinations, and techniques will give you the ultimate cardiovascular workout!

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!

Hard CORE: Your core is your powerhouse when it comes to balance, posture, and movement. This challenging 30-minute class will strengthen your entire core using a variety of techniques, ranging from stability and medicine balls to yoga and Pilates based movements.

Mind/Body

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

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.

Combination Classes

Boot Camp: You'll never know what to expect with this class! Mix it up with calisthenics, body weight exercises, circuit and interval training, and traditional strength training. The ultimate challenge, this class will test and challenge your physical conditioning.

Circuit Training: Improve your total body strength and endurance as you quickly move through a variety of strength training and cardiovascular exercises. Each circuit will challenge your entire body.

Tabata: Whether you're looking to jump start your metabolism, gain strength or endurance, this High-Intensity interval training class will maximize your aerobic and anaerobic systems.

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.