


# Creighton University Campus Recreation

## Spring 2015 Group Fitness Schedule

### March 16 - May 1, 2015

Time	Class	Instructor			
<b><u>Monday</u></b>			<b><u>Friday</u></b>		
6:30-7:20am	CU Cycling	Maggie C	7:30-8:20am	CU Cycling	Rachel
12:00-1:00pm	Yoga Sculpt	Rachel	8:30-9:00am	Tabata	Rachel
4:30-5:00pm	HIIT Cycling	Madi			
5:30-6:20pm	BODYPUMP®	Melissa	<b><u>Saturday</u></b>		
6:30-7:30pm	Zumba	Jen	10:15-11:05am	CU Cycling	Kendall
<b><u>Tuesday</u></b>			11:15am-12:05	Zumba®	Grace
11:30-12:00	Pilates	Michelle	12:15-1:15pm	BODYPUMP®	Precy
12:10-1:00pm	BODYPUMP®	Michelle			
4:30-5:00pm	Hard Core	Megan A	<b><u>Sunday</u></b>		
5-5:55pm	Power Yoga	Alexandra	5:00-6:00pm	CU Cycling	Kendall
6:00-6:50pm	BODYPUMP®	Precy			
7:00-8:00pm	Zumba	Jen			
<b><u>Wednesday</u></b>			<b><u>Classes Will Be Cancelled:</u></b>		
12:35-1:30pm	Power Yoga	Alexandra	* Spring Break: March 7th - March 15th		
4:30-5:20pm	Zumba	Grace	* Easter Recess: April 3rd—April 6th		
5:30-6:20pm	BODYPUMP®	Melissa	At least <b>3 participants</b> are needed for class to		
6:30-6:55pm	Hard Core	Melissa	be taught.		
<b><u>Thursday</u></b>			All classes will be held in <b>KFC Multi-Purpose</b>		
12:00-12:50pm	Sport Yoga	Alexander	<b>Room</b> , unless otherwise noted.		
4:00-4:55pm	TurboKick	Megan A	 <b>Follow us on Facebook for the most</b>		
5-5:50pm	Zumba®	Grace	<b>updated class info</b>		
6-6:50pm	BODYPUMP®	Precy	<b>@Creighton University Campus Recreation</b>		
7:00-8:00pm	Yoga Flow	Jessica			

**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

\* 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

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.

**HIIT Cycling:** Crank out the power while being guided through this quick hitting high intensity cycling workout.

**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**

**Flow Yoga:** This vinyasa style yoga class synchronizes both movement and breath in an up-tempo flow.

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

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

## **Combination Classes**

**Cardio Sculpt:** Work up a sweat and burn calories using various components of aerobic moves, and strength training moves. A diversity of equipment is used to get the heart rate up, the muscles working and the calories burning. The class is divided into two segments of cardio and strength with a little core in the mix. Great for all levels.

**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.