

# Creighton University Campus Recreation

## Summer 2015 Group Fitness Schedule

<u>Session I: June 8 - July 10</u>			<u>Session II: July 13 - August 15</u>				
Time	Class	Instructor	Time	Class	Instructor		
<b>Monday</b>			<b>Monday</b>				
6:30-7:20am	CU Cycling	Rachel	12:00-12:45pm	CU Cycling	Brittany		
7:30-8:00am	Tabata	Rachel	5:30-6:30pm	BODYPUMP	Melissa		
12:00-12:45pm	CU Cycling	Brittany	<b>Tuesday</b>				
4:30-5:20pm	TurboKick	Megan	7:00-7:50am	Power Yoga	Alex		
5:30-6:20pm	BODYPUMP	Melissa	4:30-5:20pm	Zumba	Jennifer		
6:30-7:30pm	Power Yoga	Jessica	5:30-6:30pm	BODYPUMP	Precy		
<b>Tuesday</b>			<b>Wednesday</b>				
7:00-7:50am	Power Yoga	Alex	12:00-12:50pm	CU Cycling	Brittany		
12:00-12:30pm*	Beg. F/S Yoga	Jessica	5:30-6:30pm	BODYPUMP	Melissa		
12:30-1:00pm*	Int. F/S Yoga	Jessica	<b>Thursday</b>				
4:30-5:20pm	Zumba	Jennifer	12:00-12:50pm	Power Yoga	Alex		
5:30-6:30pm	BODYPUMP	Precy	4:30-5:20pm	Zumba	Jennifer		
<b>Wednesday</b>			5:30-6:30pm	BODYPUMP	Precy		
12:15-1:05pm	TurboKick	Megan	<b>Friday</b>				
5:30-6:30pm	BODYPUMP	Melissa	12:00-12:45pm	Tabata	Melissa		
<b>Thursday</b>			<b>Follow us on social media at:</b>				
12:00-12:50pm	Power Yoga	Alex	 Creighton University Campus Recreation				
12:00-12:30pm*	Beg. F/S Yoga	Jessica	 CreightonCampusRec				
12:30-1:00pm*	Int. F/S Yoga	Jessica					
4:30-5:20pm	Zumba	Jennifer					
5:30-6:30pm	BODYPUMP	Precy					
<b>Friday</b>							
12:00-12:50pm	Yoga Sculpt	Rachel					

- There will be **NO** Group Fitness classes Friday, July 3rd through the weekend.
- This schedule is subject to change at any time. Any changes will be noted on the Campus Recreation Facebook page.
- There must be at least 3 participants present in order for class to take place.
- All classes NOT averaging 3 participants by the 3rd week of the session will be cancelled for the remainder of the session.
- All classes will be held in the Multi-Purpose room in KFC unless otherwise noted.
  - Classes noted by with \* will be held in the KFC Racquetball Court 1.
- Group Fitness Summer passes can be purchased in the Campus Recreation Office in KFC - \$10 for the entire summer!

# 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!

## Mind/Body

**Beginner Faculty/Staff Yoga:** This half hour class is designed specifically for faculty and staff as an introduction to the vinyasa yoga practice. Class is slower paced than an all-levels vinyasa flow, and focused on developing clear and safe alignment in foundational poses. Become self-aware of your mind and body in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try.

**Intermediate Faculty/Staff Yoga:** Build on your foundation from the Beginner Faculty/Staff Yoga and progress your practice with new poses and tempos in a supportive environment.

**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

**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.