

Creighton University Campus Recreation

Spring 2013 Group Fitness Schedule

January 16 - May 3, 2013

Time	Class	Instructor			
Monday			Thursday		
6:30-7:30am	Cy-Abs	Christian	12:00-12:45pm	Circuit	Jess
12:00-12:45pm	Yoga	Libby	3:00-3:55pm	Pilates	Michelle
3:00-3:55pm	Body Pump®	Michelle	4:00-4:50pm	CU Cycling	Kendall R.
4:00-4:55pm	Boot Camp	Maggie C.	5:00-5:55pm	Power Yoga	Heidi
5:00-5:55pm	Turbo Kick®	Kendel	6:00-6:55pm	Body Pump®	Precy
6:00-7:00pm	Zumba®	Maggie M.	7:00-8:00pm	Zumba®	Kaelin
Tuesday			Friday		
12:00-12:45pm	Circuit	Jess	6:30-7:30am	Cy-Abs	Madi/Christian
3:00-3:55pm	Pilates	Michelle	11:00-11:50am	Pilates	Olivia
4:00-4:50pm	CU Cycling	Kendall R.	12:00-12:45pm	Zumba®	Michaela
5:00-5:55pm	Power Yoga	Mary	4:00-4:55pm	Power Yoga	Heidi
6:00-6:55pm	Body Pump®	Precy	Saturday		
7:00-8:00pm	Zumba®	Kaelin	10:00-10:50am	CU Cycling	Christian
Wednesday			11:00-11:55am	Turbo Kick®	Madi
6:30-7:30am	Cy-Abs	Madi	12:00-1:00pm	Body Pump®	Precy
12:00-12:45pm	Yoga	Libby	Sunday		
3:00-3:55pm	Body Pump®	Michelle	3:00-3:55pm	Body Pump®	Michelle
4:00-4:55pm	Boot Camp	Maggie C.	4:00-4:55pm	Power Yoga	Heidi
5:00-5:55pm	Turbo Kick®	Kedel K.	5:00-6:00pm	Zumba®	Maggie M.
6:00-7:00pm	Zumba®	Michaela			

Free Week: January 16 - January 27

Group Fitness Pass:

* Semester Pass (15 weeks): \$25

Yoga/Pilates Mats:

* \$10 in the KFC Office

Purchasing Group Fitness Pass and Mats:

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

* Payment accepted: Cash, Check, Jay Bucks, or Credit Card

Classes Will Be Cancelled:

- * Luau: March 2
- * Spring Break: March 9 - 17
- * Project Homeless Connect: Friday March 22
- * Easter Weekend: March 29 - April 1
- * Pow Wow: April 6

Fitness Workshops - Register for all workshops in the KFC Office. Space is limited!

W.A.R.: A workout like nothing you've done before using TRX, sleds, tires, battling ropes, and more.

Location: Rasmussen Center

Session I: Mon. & Wed. Jan. 28 - March 6

Session II: Tues. & Thurs. Jan. 29 - March 7

Time: 5-6pm

Cost: \$40

CU Goes Running: A running workshop for everyone, from advanced to beginner. Gain motivation while learning different running techniques (intervals, speed, hills, etc.).

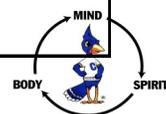
Location: KFC

Dates: Monday - Thursday January 28 - March 7

Time: 4-5pm

Cost: \$25

Walk 100 Program: It's time to get moving! Walk 100 miles, on the KFC or Rasmussen Center track, during spring semester and win a prize. Additional information can be found on the Campus Recreation web site. **Cost: FREE**



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

Body Pump®: 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.

Yoga: Bring focus and relaxation to your posture and breath while enhancing flexibility, strength, and endurance.

Power 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.

Cy-Abs: Begin class with the same cardiovascular challenging ride as CU Cycling and finish it off with 15-minutes of abdominal and back exercises designed to strengthen your entire core.

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

* Any class **not** averaging at least 5 participants by the 5th week of the semester, will be cancelled for the remainder of the semester.

**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/campusrecreation