

# Creighton University Campus Recreation Summer 2013 Group Fitness Schedule

## Session I: June 10 - July 12

Time	Class	Instructor
<b><u>Monday</u></b>		
7:00-7:50am	CU Cycling	Maggie C.
12:00-12:50pm	Yoga	Libby
4:00-5:00pm	Zumba	Maggie M.
<b><u>Tuesday</u></b>		
4:00-4:50pm	Circuit	Libby
5:00-6:00pm	Step&Strength	Precy
<b><u>Wednesday</u></b>		
7:00-7:50am	CU Cycling	Maggie C.
12:00-12:50pm	Yoga	Libby
4:00-5:00pm	Zumba	Maggie M.
<b><u>Thursday</u></b>		
12:00-12:50pm	Circuit	Libby
4:00-4:55pm	Pilates	Olivia
5:00-6:00pm	Step&Strength	Precy
<b><u>Friday</u></b>		
12:00-12:50pm	Zumba	Michaela

**Boot Camp:** Mix it up with body weight exercises, circuit and interval training, and traditional strength training. This class will 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.

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

**Hard Core:** This class will strengthen your entire core using a variety of techniques, ranging from stability and medicine balls to yoga and Pilates based movements.

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

**Step & Strength:** 30 minutes of heart pumping cardiovascular exercise followed by 30 minutes of total body strengthening. This class has it all!

**Yoga:** Connect with your mind, body, and breath through this flowing vinyasa yoga practice, that is both energizing and relaxing and will increase strength, flexibility, and focus.

**Zumba®:** Enjoy this exhilarating, easy to follow, Latin-inspired, dance party while improving your cardiovascular endurance.

## Session II: July 15 - August 16

Time	Class	Instructor
<b><u>Monday</u></b>		
7:00-7:50am	CU Cycling	Maggie C.
12:00-12:50pm	Yoga	Libby
4:00-4:55pm	Zumba	Maggie M.
5:00-5:30pm	Hard Core	Christian
<b><u>Tuesday</u></b>		
12:00-12:50pm	Boot Camp	Christian
4:00-4:55pm	Circuit	Libby
5:00-6:00pm	Step& Strength	Precy
<b><u>Wednesday</u></b>		
7:00-7:50am	Boot Camp	Maggie C.
12:00-12:50pm	Yoga	Libby
4:00-4:55pm	Zumba	Maggie M.
5:00-5:30pm	Hard Core	Christian
<b><u>Thursday</u></b>		
12:00-12:50pm	Circuit	Libby
4:00-4:55pm	CU Cycling	Christian
5:00-6:00pm	Step&Strength	Precy
<b><u>Friday</u></b>		
12:00-12:50pm	Zumba	Michaela

\* There will be **NO** Group Fitness classes on Thursday July 4th.

\* This schedule is subject to change at any time. Any changes will be noted on the Campus Recreation web-page.

\* There must be at least 2 participants present in order for class to take place.

\* All classes NOT averaging 2 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.

\* Group Fitness Summer passes can be purchased in the Campus Recreation Office in KFC - \$10 for the entire summer!

