

Creighton University Campus Recreation

Spring 2015 Group Fitness Schedule

January 14 - May 1, 2015

Time	Class	Instructor	
<u>Monday</u>			<u>Friday</u>
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	<u>Saturday</u>
6:30-7:30pm	Zumba	Jen	10:15-11:05am CU Cycling Kendall
<u>Tuesday</u>			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	<u>Sunday</u>
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	
<u>Wednesday</u>			
6:30-7:20am	Cardio Sculpt	Megan A	<u>Free Week:</u> January 14th—25th
12:00-12:30pm	HIIT Cycling	Madi	* Take any class without having to present a Group Fitness Pass.
12:35-1:30pm	Power Yoga	Alexandra	
4:30-5:20pm	Zumba	Grace	<u>Classes Will Be Cancelled:</u>
5:30-6:20pm	BODYPUMP®	Melissa	* Spring Break: March 7th - March 15th
6:30-6:55pm	Hard Core	Melissa	* Easter Recess: April 3rd—April 6th
<u>Thursday</u>			At least 3 participants are needed for class to be taught.
11:30-12:00	Pilates	Michelle	
12:10-1:00pm	BODYPUMP®	Michelle	All classes will be held in KFC Multi-Purpose Room , unless otherwise noted.
4:00-4:55pm	TurboKick	Megan A	
5-5:50pm	Zumba®	Grace	
6-6:50pm	BODYPUMP®	Precy	
7:00-8:00pm	Yoga Flow	Jessica	Reserve spots in class by registering via www.imleagues.com

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/student-services/campusrecreationintramurals/

Or

www.imleagues.com



Class Descriptions on back

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.