

Creighton University Campus Recreation

Spring 2015 Group Fitness Schedule

Finals Week—May 2nd—May 8th

Time	Class	Instructor	<u>Summer Classes Will Be :</u>
<u>Saturday</u>			<ul style="list-style-type: none"> • Summer 1: June 8—July 11th • Summer 2: July 13th—August 15th <p>At least 3 participants are needed for class to be taught.</p> <p>All classes will be held in KFC Multi-Purpose Room, unless otherwise noted.</p> <p>Follow us on Facebook for the most updated class info @Creighton University Campus Recreation</p> 
10:15-11:05am	CU Cycling	Kendall	
11:15am-12:05	Zumba®	Grace	
12:15-1:15pm	BODYPUMP®	Precy	
<u>Monday</u>			
12:00-1:00pm	Yoga Sculpt	Rachel	
4:30-5:00pm	HIIT Cycling	Madi	
5:30-6:20pm	BODYPUMP®	Melissa	
6:30-7:30pm	Zumba	Jen	
<u>Tuesday</u>			
5-5:55pm	Power Yoga	Alexandra	
6:00-6:50pm	BODYPUMP®	Precy	
<u>Wednesday</u>			
4:30-5:20pm	Zumba	Grace	
5:30-6:20pm	BODYPUMP®	Melissa	
6:30-6:55pm	Hard Core	Melissa	
<u>Thursday</u>			
12:00-12:50pm	Sport Yoga	Alexander	
6-6:50pm	BODYPUMP®	Precy	
<u>Friday</u>			
7:30-8:20am	CU Cycling	Rachel	
8:30-9:00am	Tabata	Rachel	

Group Fitness Pass: Passes are required for ALL classes

* Summer Pass (10 weeks): \$10

* 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/campus-recreation-intramurals/

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.