

UNIVERSITY OF DAYTON CAMPUS RECREATION

SUMMER FITNESS

SESSION 1

May 16 - June 23

FIT IN 50

DATES	May 16-June 8
TIME	12:30-1:20pm Mondays & Wednesdays
LOCATION	Studio A
COST	\$15
INSTRUCTOR	Noelle

BARRE

DATES	May 17-June 9
TIME	12:30-1:30pm Tuesdays & Thursdays
LOCATION	Studio A
COST	\$20
INSTRUCTOR	Noelle

TRX BOOTCAMP

DATES	May 16-June 22
TIME	7:15-8:15am Mondays & Wednesdays
LOCATION	Studio C
COST	\$30
INSTRUCTOR	Drew

TOTAL BODY STRENGTH

DATES	May 17-June 23
TIME	5:00-6:00pm Tuesdays & Thursdays
LOCATION	Studio A
COST	\$30
INSTRUCTOR	Meg

DIVERSIFY YOUR WORKOUT

PURCHASE A 10 CLASS PASS FOR \$35 AND CREATE YOUR OWN COMBINATION OF CLASSES!

Register at the Welcome Desk.

Session 2 of Summer Fitness opportunities will be announced soon.

Check go.udayton.edu/campusrec for more details or email jchase1@udayton.edu with questions.

DESCRIPTIONS

SESSION 1

May 16 - June 23

FIT IN 50

This 50-minute class is a full-body workout using various types of circuit training including free weights, the step, core work, and most importantly body weight exercises. This challenging cardiovascular workout focuses on total body strength as well as endurance.

BARRE

Barre workouts help to create a uniquely lean, firm, and sculpted body by combining isometric contractions, dance conditioning, yoga, and Pilates. This head-to-toe workout fuses together cardio and barre-sculpting movements in order to boost the heart-rate, target specific areas, and create long, lean, toned muscles. Light weights are used and no dance experience is necessary.

TRX BOOTCAMP

We're bringing two great classes together - TRX and Bootcamp!

DAY ONE: TRX. The best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. By utilizing your own bodyweight, the TRX Suspension Trainer provides greater performance and functionality than large exercise machines costing thousands of dollars.

DAY TWO: Bootcamp. This efficient circuit-style class incorporates cardio and strength exercises into one high-impact workout. The variety of exercises will allow you to target each muscle group for a full-body workout. Be prepared to sweat!

TOTAL BODY STRENGTH

Total Body Strength is a challenging and dynamic whole body strength and conditioning class using dumbbells, bands, tubes, exercise balls, barbells and just about any other fitness equipment we can find in the RecPlex! Exercises will be modified to accommodate all fitness levels. Be prepared to work out your whole body!