



GROUP FITNESS

FALL 2018 • VALID AUGUST 28 – DECEMBER 6

ALL ACCESS PASS: \$50
10-CLASS PASS: \$25
 PASSES ON SALE BEGINNING AUGUST 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am–7:50am Jaclyn BODY BLAST STUDIO B	7:00am–7:50am Nina MEDITATIVE YOGA STUDIO B	7:00am–7:50am Hannah BARRE BOOTCAMP STUDIO B	7:00am–7:50am Nina MEDITATIVE YOGA STUDIO B	12:30pm–1:20pm Jaclyn BODY BLAST STUDIO A
8:00am–8:50am Megan CORE GALORE STUDIO A	8:00am–8:50am Megan Th. BODY BLAST STUDIO A	8:00am–8:50am Megan Th. SPINNING® & STRENGTH STUDIO A	8:00am–8:50am Jaclyn BODY BLAST STUDIO A	4:00pm–4:50pm Kayla SPINNING® STUDIO A
12:30pm–1:20pm Ellen PILOXING® STUDIO A	12:30pm–1:20pm Danielle VINYASA FLOW YOGA STUDIO A	12:30pm–1:20pm Lizzie BARRE STUDIO A	12:30pm–1:20pm Ellen BARRE BOOTCAMP STUDIO A	4:00pm–4:50pm Sarah POWER YOGA STUDIO B
4:00pm–4:50pm Jen & Emily BODY BLAST STUDIO A	4:00pm–4:50pm Sarah POWER YOGA STUDIO A	4:00pm–4:50pm Jen & Emily BODY BLAST STUDIO A	4:00pm–4:50pm Sarah CORE GALORE STUDIO A	5:00pm–5:50pm Dana PILATES STUDIO A
5:00pm–5:50pm Sarah POWER YOGA STUDIO A	4:00pm–4:50pm Dana PILOXING® STUDIO B	5:00pm–5:50pm Dana PILATES STUDIO A	4:00pm–4:50pm Dana PILOXING® STUDIO B	
6:00pm–6:50pm Tessa SPINNING® & STRENGTH STUDIO A	5:20pm–5:50pm Gina CORE GALORE STUDIO A	 6:00pm–6:50pm Christy FAITH & FITNESS <i>This is a FREE class for Campus Recreation members, or non-members may purchase an \$8 Guest Pass to participate.</i> STUDIO A	5:00pm–5:50pm Gina & Emily BODY BLAST STUDIO A	 10:30am–11:20am FREE • SATURDAY ROTATION <i>See web for details.</i> STUDIO A
6:00pm–6:50pm COMMUNITY CLASS <i>To schedule contact udgroupfitness@gmail.com</i> STUDIO B	6:00pm–6:50pm Kayla SPINNING® STUDIO A		6:00pm–6:50pm Kayla SPINNING® STUDIO A	
7:00pm–7:50pm Megan HIP HOP STUDIO A	6:00pm–6:50pm Catherine POWER YOGA STUDIO B	6:00pm–6:50pm Jaclyn BODY BLAST STUDIO B	6:00pm–6:50pm Catherine POWER YOGA STUDIO B	5:00pm–5:50pm Catherine VINYASA FLOW YOGA STUDIO A
7:00pm–7:50pm Ellen BARRE BOOTCAMP STUDIO B	7:00pm–7:50pm Jaclyn BODY BLAST STUDIO A	7:00pm–7:50pm COMMUNITY CLASS <i>To schedule contact udgroupfitness@gmail.com</i> STUDIO A	7:00pm–7:50pm Danielle VINYASA FLOW YOGA STUDIO A	6:00pm–6:50pm Megan Th. BODY BLAST STUDIO A
		7:00pm–7:50pm Ellen & Sophia TRIBAL PILATES STUDIO B		7:00pm–7:50pm Tessa SPINNING® & STRENGTH STUDIO A

Arrive to class early to ensure your spot. A Group Fitness pass is required to participate and are available for purchase at the RecPlex Welcome Desk. Visit go.uydayton.edu/campusrec for more Group Fitness details!



FALL 2018 GROUP FITNESS CLASS DESCRIPTIONS

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 cardio and barre-sculpting movements together in order to boost heart-rate, target specific areas, and create long, lean, toned muscles - all in 50 minutes! Light weights used and no dance experience is necessary. *(Class Max: 30)*

BARRE BOOTCAMP

Are you wanting to add some cardio to your regular Barre class? Barre Bootcamp may be the class for you! Low impact cardio intervals will be paired with Barre-style strength training to increase your heart rate. Barre Bootcamp incorporates a mix of cardio, strength, and flexibility to help build strong muscles and a healthier heart! *(Class Max: 30)*

BODY BLAST

This total body workout burns fat and builds muscles using various methods of cardio and strength training. Be prepared for a high-intensity and fast-paced workout! *(Class Max: 25)*

CORE GALORE

Core Galore focuses on strengthening your whole core - everything from your back and chest to your abs and hips. This quick but effective strength workout will leave you wanting more. Note: Our 50 minute Core Galore will include flexibility training as well. *(Class Max: 35)*



FAITH & FITNESS

UD Campus Recreation is excited to partner with UD Faith & Fitness this fall. Faith & Fitness brings people of all ages, backgrounds, and fitness levels together to grow mentally, physically, and spiritually! Faith & Fitness strives to not only provide fun and uplifting workouts, but also to walk with others to seek a deeper meaning and significance to fitness! Working out is a way to worship our Lord. Note: this is a FREE class, however you must be a RecPlex member or pay the daily fee to enter the facility. *(Class Max: 25)*

HIP HOP

A cardio dance party and an awesome workout in one! Follow along with your own groove and work up a sweat while jamming to popular hip hop and pop songs to feel the full body burn. No dance experience necessary. *(Class Max: 30)*

MEDITATIVE YOGA

Ditch the coffee and start your day with Meditative Yoga! Focus on connecting your mind and body through a series of poses and meditations suitable for all levels. Achieve inner peace before starting your day to improve your productivity and reduce stress. *(Class Max: 35)*

PILATES

Pilates body weight exercises are designed to condition and tone your muscles, and help to promote flexibility and stability. *(Class Max: 35)*

PILOXING®

Fusion fun that incorporates Pilates and kick boxing to increase cardiovascular fitness and muscle toning. This core-strengthening interval workout will leave you sweating and wanting more! *(Class Max: 30)*

POWER YOGA

Power yoga is the perfect mix of strength and flexibility. This vinyasa style classes incorporates a variety of poses that we flow through at a moderate pace. Through the use of the breath you will move your body and calm your mind. Each pose is designed to make you sweat while ensuring you leave the class empowered and relaxed. *(Class Max: 35)*

SPINNING®

Spinning provides a fun and challenging cardiovascular workout for a variety of fitness levels - you control your resistance and speed. Hills, sprints and endurance intervals are all part of this class with energizing music and motivational instruction. Spinning will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Join us for a awesome heart-pumping workout! *(Class Max: 30)*

SPINNING® & STRENGTH

Transitioning on and off the bike throughout the class, Spinning & Strength combines cycling with full body strength training intervals off the bike. It is like the best of both worlds! *(Class Max: 30)*

TRIBAL PILATES

Tribal Pilates is a fun and energetic class that will break up your week! During this 50 minute class, we combine upbeat music with Yoga and Pilates movements to engage your body through mental and physical concentration. The class focuses on strengthening and lengthening your muscles using body weight or light weights/resistance. The high energy tribal music allows a smooth transition to cardio/core movement while bringing some intensity to your traditional yoga flow. *(Class Max: 30)*

VINYASA FLOW YOGA

Work through a series of poses aimed at flexibility and strength, as well as mindfulness and breathing practices during our Vinyasa yoga practice. Learn to breathe with each posture, stay in the moment, and center mind and body. Namaste. *(Class Max: 35)*



CARDIO EXERCISE



STRENGTH EXERCISE



FLEXIBILITY EXERCISE

DOWNLOADABLE VERSION OF THE SCHEDULE AVAILABLE ONLINE! VISIT GO.UDAYTON.EDU/CAMPUSREC FOR DETAILS.

Pass necessary to participate. Available for purchase at the RecPlex Welcome Desk August 17.