

GROUP FITNESS

SPRING 2019 VALID JANUARY 19–MAY 2

STUDIO A

STUDIO B

ALL ACCESS PASS: \$50
10-CLASS PASS: \$25

MONDAY

8:00am–8:50am
Sarah
POWER YOGA

12:30pm–1:20pm
Megan
CORE GALORE

4:00pm–4:50pm
Kara
SPINNING® & STRENGTH

5:00pm–5:50pm
Ellen
BARRE

6:00pm–6:50pm
Jaclyn
BODY BLAST

6:00pm–6:50pm
Catherine
VINYASA YOGA

7:00pm–7:50pm
Kayla
SPINNING®

7:00pm–7:50pm
Megan
HIP HOP

TUESDAY

7:00am–7:50am
Nina
MEDITATIVE YOGA

8:00am–8:50am
Jaclyn
BODY BLAST

12:30pm–1:20pm
Catherine
POWER YOGA

4:00pm–4:50pm
Audrey
SPINNING® & STRENGTH

4:00pm–4:50pm
Sophia
PILATES

5:00pm–5:50pm
Ellen
BANDS & CORE

6:00pm–6:50pm
Tessa
SPINNING® & STRENGTH

6:00pm–6:50pm
Kathryn
BARRE

7:00pm–7:50pm
Gina
BODY BLAST

7:00pm–7:50pm
COMMUNITY CLASS
To schedule contact
udgroupfitness@gmail.com

WEDNESDAY

7:00am–7:50am
Sarah
CORE GALORE

8:00am–8:50am
Sophia
PILATES

12:30pm–1:20pm
Kathryn
BARRE

4:00pm–4:50pm
Jen & Bri
BODY BLAST

5:00pm–5:50pm
Gina & Ellen
BANDS & CORE

6:00pm–6:50pm
Jaclyn
BODY BLAST

6:00pm–6:50pm
Christy
FAITH & FITNESS
*This is a FREE class for
Campus Recreation
members, or non-members
may purchase an \$8 Guest
Pass to participate.*

7:00pm–7:50pm
Kayla
SPINNING®

7:00pm–7:50pm
Danielle
VINYASA YOGA

THURSDAY

7:00am–7:50am
Nina
MEDITATIVE YOGA

8:00am–8:50am
Bri
BODY BLAST

12:30pm–1:20pm
Tessa
SPINNING® & STRENGTH

4:00pm–4:50pm
Megan Th.
POWER BAR

4:00pm–4:50pm
Jaclyn
BODY BLAST

5:00pm–5:50pm
Danielle
VINYASA YOGA

6:00pm–6:50pm
Audrey
SPINNING® & STRENGTH

6:00pm–6:50pm
Kathryn
BARRE

7:00pm–7:50pm
COMMUNITY CLASS
To schedule contact
udgroupfitness@gmail.com

7:00pm–7:50pm
Ciara
BODY BLAST

FRIDAY

12:30pm–1:20pm
Megan Th.
POWER BAR

4:00pm–4:50pm
Jaclyn
BODY BLAST

4:00pm–4:50pm
Sarah
POWER YOGA

5:00pm–5:50pm
Audrey
SPINNING® & STRENGTH

SATURDAY

10:30am–11:20am
**FREE • SATURDAY
ROTATION**
See web for details.

SUNDAY

5:00pm–5:50pm
Megan Th.
POWER BAR

5:00pm–5:50pm
Ciara
BODY BLAST

6:00pm–6:50pm
Catherine
POWER YOGA

7:00pm–7:50pm
Kara
SPINNING® & STRENGTH



University of Dayton
**Campus
Recreation**

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.udayton.edu/campusrec for more Group Fitness details!

SPRING 2019 GROUP FITNESS CLASS DESCRIPTIONS

BANDS & CORE

Bands & Core will utilize resistance bands to incorporate multi functional movement to increase strength and flexibility. We will utilize bands, body weight exercises, and core movements for a total body strength class. Bands & Core is the perfect addition to your fitness regime! *(Class Max: 30)*

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)*

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)*

POWER BAR

Power Bar is a fat-burning exercise class which utilizes barbells and steps to build strength through resistance, while also increasing tone and fitness through repetition. Targeting all of the major muscle groups and suiting all fitness levels, Power Bar will leave your body toned, conditioned and feeling invincible! *(Class Max: 30)*

POWER YOGA

Power yoga is the perfect mix of strength and flexibility. This vinyasa style class 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 an 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)*

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.



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