

## Group X Schedule Spring 2012

*Effective Monday, 1/09/12*

Time	MON	TUES	WED	THUR	FRI	SAT
6:00AM	Cycle	Cycle	Cycle	Cycle		
9:00AM						Zumba BodyPump
10:15AM						Yoga
11:00AM	<b>Senior Splash</b>		<b>Senior Splash</b>		<b>Senior Splash</b>	
12:00PM	Cycle	Yoga	Cycle	Yoga	Cycle	
4:30PM 5:00PM 5:30PM		<b>NEW!</b> Survival II (HHS/Arena "Dungeon")	<b>NEW!</b> Survival II (HHS/Arena "Dungeon")	<b>NEW!</b> Survival II (HHS/Arena "Dungeon")		
5:15PM	BodyPump Hip Hop	Zumba Cycle Grappling	BodyPump Cycle Yoga	Zumba Grappling	Step Zumba	
6:30PM	Cycle Zumba Pilates	BodyPump	Survival I Zumba	BodyPump Cycle		
7:45PM	ABSolutely	Zumba Yoga	ABSolutely	Yoga		

***ALL water classes take place in the SRC Pool (shown in blue)***

**ALL other fitness classes take place in the SRC Group X Rooms (upstairs)**



### CLASS DESCRIPTIONS

#### **ABSolutely**

Are you looking for a way to tone and define your abdominal muscles? This class is just for you. ABSolutely focuses on core strength and endurance. Utilizing stability balls, weights, bands and good old-fashioned body resistance, ABSolutely will help you improve balance and abdominal strength.

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### **BodyPump™**

This is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. NO dance moves. NO impact. Just free weights, a bar, a step, and lots of fun! Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! LesMills estimates you could burn *up to 600 calories per class*.

### **Cycling**

This is an intense aerobic workout on a stationary bike. Open to beginners to advanced riders, of all fitness levels. Instructor-led with themed music, come join us for a high-energy workout! Bring water bottle. If this is your first time, please come 15 minutes early so the instructor can help set the proper height for the bike.

### **Grappling (Hybrid)**

This class is a style of martial art that involves wrestling, joint manipulation, and throwing. This system contains elements of Judo, Brazilian Jiu-Jitsu, Greco-Roman Wrestling, Sambo and Shooto. Hybrid Grappling is a terrific form of exercise and it also provides an excellent opportunity for participants to develop their physical attributes. All levels of practitioners may participate. While the class is progressive in nature, members can join any time. At the beginning of each class, fundamental techniques are drilled which provides a review time for advanced practitioners and also affords new people a chance to learn basic techniques. Basics of grappling will be covered as well as intermediate and advanced techniques. Classes will be conducted in a friendly and encouraging manner with emphasis on safety and respect. Please wear athletic clothing, and groin protection is *highly recommended*. ***THIS IS A 2-HOUR CLASS, and will take place in the Combatives/Martial Arts Room.***

### **Hip-Hop**

A fun way to burn calories and get toned! This mid-intensity class focuses on learning popular and fun dance moves to new, old, and upbeat music, while helping to tone your arms and legs.

### **Pilates**

A system of mat exercises originally put together by Joe Pilates. The mat series is designed to strengthen the musculature of the torso to include the waistline, lower and upper abdominals, obliques, and low back. Added benefits are increased flexibility and toning of arms, chest and legs. Emphasis is on controlled breathing and correct technique. All levels welcome. For those with disc or vertebral "issues", please consult with a physician or speak with instructor prior to starting.

### **Step**

This class is guaranteed to get your heart rate up and burn calories. Various step movements including knee lifts, ham curls and back leg extensions are covered. Step at an intensity that works for you!

### **Survival I**

Are you a survivor? This is a fast-paced, high-intensity class similar to CrossFit, P90X and Intensity. Participants will use repetitive and creative exercises and one's own

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body weight to increase muscular and cardiovascular endurance. You won't be bored, the class will change each day. All fitness levels welcome!

### **NEW! Survival II**

This new class *takes place in the HHS/Arena "Dungeon"*. Just like Survival I, this is a fast-paced, high-intensity class. Each day the class changes and challenges you to push your limits. If you have tried Survival I and ready for another challenge, we'll see you in Survival II! The schedule will show ½ hour increments beginning at 4:30pm, so feel free to drop in at any of the start times, as this is where each interval change occurs.

### **Yoga**

Increase flexibility, muscle endurance and relieve stress by taking part in this popular class. Bringing your own mat to class is recommended, as there are only a limited number of mats available.

### **Zumba**

If you're bored with the "same old thing" in your workout, join THIS party!! This fitness craze will get you MOVING! Moves are based on Latin dance and music, including cumbia, merengue, salsa, mambo, reggaeton, flamenco, and rumba. Zumba utilizes principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Created by Beto Perez in his native Colombia, "zumba" is said to be Colombian slang for "fast". But you'll find a combination of fast and slow movements in this workout.

## **WATER CLASSES**

### **Senior Splash**

If you're an ISU-affiliated senior, get together with other seniors in our fabulous pool for a gentle workout in the water. The class starts with a warm up, moves into an aerobic segment, includes cool down, and finishes with stretches. All movements are done in shallow water.

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