

Fall 2014 Group Fitness Classes

[HTTP://WWW.KEENE.EDU/RECSports](http://www.keene.edu/recsports)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	6:30-7:15 AM Cycling** Laura		6:30-7:15 AM Cycling** Michaela		6:30-7:15 AM Cycling** Emma
		8:00-9:00 AM Yoga Jackie		8:00-9:00 AM Yoga Jackie	11:00-12:00 PM Yoga Jackie
	12:15-1:00 PM Cycling** Chris	12:15-1:00 PM Butts, guts and more Sarah	12:15-1:00 PM Cycling** Sarah	12:15-1:00 PM Cycling** Chris	12:15-1:00 PM Butts, guts and more Chris
					1:15-1:45 PM Cycling Essentials** Michaela
	4:00-5:00 PM Yoga-Pilates Fusion Marj	4:15-5:15 PM Cycling and Core** Michaela	4:00-4:30 PM Core Challenge Chris	4:45-5:45 PM Intermediate Vinyasa Yoga Lindsay	**Must sign up for a spot in this class at the Rec Center front desk (358-2826) within 24 hours of the class time.
		5:30-6:15 PM Butts, guts and more Laura	4:45-5:30 PM Bootcamp Emma		
6:00-7:00 PM Cycling** Michaela	(POOL)5:30-6:30 PM HYDROROBICS Jeanne	6:30-7:15 PM Zumba Kelli	5:45-6:30 PM Cycling Emma	6:00-6:45 PM Zumba Kelli	
	6:15-7:00 PM Bootcamp Sarah		6:45-7:30 PM Zumba Lydia		
	7:15-8:00 PM Zumba Lydia		(POOL) 6:30-7:30 PM HYDROROBICS Jeanne		

*****To reserve a bike for Cycling Class call 358-2826** You must reserve a spot within 24 hours of class time by calling or stopping at the front desk of the recreation center (1st floor). Participants must check in and be on bikes 5 minutes prior to the start of class. Or the bike will be made available for those on the Waiting List.***

GROUP FITNESS CLASS DESCRIPTIONS

Bootcamp: Challenge your entire body with this high-intensity workout, working every major muscle group using a variety of equipment. Get ready to sweat!

Butts, Guts and More: This strength training class will target all major muscle groups utilizing a variety of equipment including TRX, weighted body bars, dumbbells, bands, balls, and more. Have fun, boost your metabolism, and end with a relaxing stretch.

Core Challenge: A half hour of isolated core work designed to strength abdominals and low back using a variety of fitness equipment and body weight exercises for a very effective, fast-paced class.

****Cycling Essentials:** Designed for beginners, this class will help you discover what the rage is with this style of fitness classes. Learn the basic moves and terminology to make the "ride" work for you. Get ready to love this class and you will be looking for more! Class size limited to 11 so register within 24 hours of the class to get a spot.

****Cycling:** Get hooked on this non-impact, heart-pumping "ride". Let the music take you on "hills", "jumps" and "sprints" as you boost your metabolism to the next level. Class size limited to 11.

****Cycling and Core:** Get a 40-minute "ride" to challenge your cardiovascular system, followed by an isolating core workout to complete the hour. A great blend! Class size limited to 11.

Hydrorobics: A low-impact, high-energy workout in the Pool. Class includes work in both shallow and deep ends of the pool and followed by strength work on the deck. Equipment use may include water belts, buoys, and kickboards. This class is great for non-swimmers and swimmers alike!

****TRX Essentials:** Come learn how to use this exciting, very popular fitness tool whether it is for your own training or as part of a class. You will learn the proper technique for a variety of exercises on the TRX using your body weight to gain strength and balance. These essential tips you will learn will help you improve your core strength, balance and overall fitness level. Class size is limited to 10 so sign up within 24 hours of the class at the front desk.

Yoga: This Hatha Yoga class teaches gentle postures that will encourage you to connect to your breath and the present moment. Consistent participation you will increase your range of motion, strength, and ability to focus. This is for all levels.

Yoga-Pilates Fusion: An exciting blend of Yoga and Pilates with a Tai Chi –based warm-up. This class will increase strength, power and flexibility. Suitable for all levels.

Zumba: Fuse Latin rhythms and basic hip hop styles into one class! This easy to follow class uses energetic dance moves to work the whole body. Have fun and get a great workout through dance!

For more information, contact the Recreational Sports front desk at 358-2826....



