

## GROUP FITNESS CLASS SCHEDULE 2016

		GOAL				
Hess Tower		1	2	3	Instuctor or Televised	
MON	11:00AM	CIRCUIT TRAINING		HUY	45 Minutes	
	11:50AM	YOGA		Video		
	12:40PM	CORE		Video	30 Minutes	
	5:30PM	SPIN		Video	45 Minutes	
TUE	11:00AM	SPIN		MARK	45 Minutes	
	11:55AM	STRENGTH		Video	45 Minutes	
	12:45PM	CORE		Video	30 Minutes	
	5:30PM	STRENGTH		Video	45 Minutes	
WED	11:00AM	CARDIO/CORE		VIKKI	45 Minutes	
	11:50AM	CORE/DANCE		Video	45 Minutes	
	12:40PM	PILATES		Video	30 Minutes	
	5:30PM	SPIN		Video	40 Minutes	
THUR	11:00AM	CIRCUIT TRAINING		MARK	45 Minutes	
	11:50AM	SPIN		Video	45 Minutes	
	12:40PM	CORE		Video	45 Minutes	
	5:30PM	STRENGTH		Video	40 Minutes	
FRI	11:00AM	STRENGTH		Video	45 Minutes	
	11:50AM	SPIN		Video	45 Minutes	
	12:40PM	YOGA		Video	45 Minutes	

	STRENGTH
	ENDURANCE
	SHAPE
	FLEXIBILITY
	BALANCE

**STRENGTH:**  
 maintaining and improving muscular performance

**ENDURANCE:**  
 preparing the body to perform activity over an extended period of time

**SHAPE:**  
 body fat reduction via muscular strength and cardiovascular activity

**FLEXIBILITY:**  
 maintain/improve range of motion

**BALANCE:**  
 focus on improving good posture and body awareness

*Fitness on Demand is available during off peak times, on a first come first serve basis.*