Group Exercise

Classes begin September 1st and end on November 30th for the fall term.

<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>SCULPT &amp; TONE with Shannon 12:30-1:20</td>
<td>ENEROBICS with Cory 12:30-1:20</td>
<td>Mindful Yoga with Cara 12:30-1:20</td>
<td>POUND-XPRESS with Lyn 12:30-1:00</td>
<td>MOVIN’ IT with Lyn 12:30-1:00</td>
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<tr>
<td>POUND with Lyn 5:15-6:00</td>
<td>YOGA with Suzie 4:45-5:45</td>
<td>ZUMBA with Crystal 5:10-6:05</td>
<td>THURSDAY SPIN with Shannon 5:00-6:00</td>
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Please arrive 10 mins before class.

**SCULPT & TONE** - Cardio, circuit, stretch. Using your body weight and small equipment, shape and tighten your body to look good and feel great! Suitable for all levels of fitness.

**POUND** - Channel your inner performer and rock your body through movement and music. Drum along, using Ripstix™ (1/4 lb. drumsticks), to transform drumming into a fat-burning, full body interval workout.

**ENEROBICS** – The ultimate fusion of cardio, total-body toning, and energy work. A fresh approach to mind-body fitness and alignment with your highest potential.

**YOGA** – The world’s oldest holistic system of self-development, integrating body, mind and spirit. It is releasing body tension and bringing the mind to stillness, as our hearts lead us where we need to be.

**MINDFUL MOVEMENT THROUGH YOGA** – Develop strength and awareness of the body, mind and spirit through movement. Improve balance and concentration with challenging poses, and end with mindful meditation to increase focus and sense of authentic self.

**ZUMBA** – Latin-inspired, easy-to-follow, calorie burning dance-fitness party! You don’t have to be a dancer to feel like one.

**POUND-EXPRESS** – Same as Monday’s POUND class in a 30-minute format.

**SPIN** – A high-energy indoor cycling class suitable for all fitness levels. Periodically includes strength training to promote muscle growth and fat loss. Bring a water bottle and come early to get set-up. Limited to 19 participants.

**Movin’ It!** – Formerly Rhythmic Walking-30-minutes of continuous movements to music that will amount to about 4,000 steps, which is about 2 miles of walking, a great and easy way to burn fat and calories!

**Group Exercise Policies**

- Group Exercise classes are open to all students, faculty and staff who have completed Wellness Center registration and orientation.
- Studio is not available for use during scheduled classes.
- Please refrain from entering class more than 5 minutes after start time, as this poses a safety risk and class disruption.