

Group Fitness Descriptions

15-Minute Abs - Join us for a super high intensity class designed to give you a complete ab workout in less time.

Action Abs - Work your core like never before. In this 30-minute session, your abs and back will get a hard core workout with stabilizing movements and strength training. So come and join us after a cardio workout to add a little strength to your core.

Butts & Guts - This 45-minute class strictly concentrates on your tummy, hips, thighs and butt by using fun strength training moves to sculpt and define.

Cardio Crunch - This 30-minute class utilizes various types of exercises to get your heart pumping. Be ready to sweat!

Cardio Kick - Get a full body workout in this 45-minute kickboxing-style class. Get your heart rate up through cardio and resistance exercises.

Cardio Sculpt - Sculpt and tone your body with high intensity cardio and various weights. This class focuses on abs, butt and thighs.

Circuit training - If you like variety in your workout, this class is for you. You'll never get bored with this fast-paced format that gets your heart rate up and increases your strength.

Eskrima - This martial arts style originated in the Philippines and incorporates stick and sword fighting.

Flex & Tone - Get a workout while improving your flexibility and strengthening your core! This class uses a variety of equipment and your own body weight for resistance.

Kenpo Karate - Kenpo is a system of self defense based on logic and the scientific study of movement. This allows you to get a great martial art workout that combines efficient movement with intense speed.

Mixed Marital Arts - MMA incorporates various types of fighting and martial arts, like wrestling, boxing, Muay Thai, kickboxing, judo, Brazilian Jiu-jitsu and sambo.

Strength Training—Get a total body workout using different forms of resistance.

YoLates - Come and unwind while toning your whole body in this combination of Yoga and Pilates.

Water Aerobics Descriptions

Aqua Tone—Participate in short cardio segments with emphasis on toning exercises for the entire body. The use of barbells and noodles aids buoyancy and toning.

Cardio Splash—Enjoy some fun in the pool with this intense water workout that involves the total body, cardio, toning and all the time abs!

Drop In Dance Descriptions

Latin Dance—This class is the perfect fusion of Latin dance movements and music! The exciting combinations and great music will be a fun way to get in your exercise.

Ballroom Dance—Join our accomplished instructor to learn and practice traditional ballroom dances.

Belly Dance - Learn the art of belly dancing, or “Raqs Sharqi” as it is called in its Middle Eastern homeland. This class is for all ages, body types and levels. Students will learn the basic traditional movements of the hips and build dance vocabulary.

R&B Line Dance— This class is an enjoyable and progressive workout with style and rhythm. Brush up on your dance skills and share these and other short routines during social gatherings while engaging in a continuous cardio workout.

Chicago Step—Learn a new style of dance to Jazz, funk, neo soul, R&B and rap. Chicago step is taking over in areas like Detroit, Atlanta and Chicago. Get a workout while improving your dance skills.

Facility Hours

Mon. - Thurs., 6 a.m. - 10 p.m.

Fri., 6 a.m. - 6 p.m.

Sat., 11 a.m. - 5 p.m.

Sun., 5 - 9 p.m.

Water Aerobics schedule will end
when the pool closes!

***Schedule is subject to change without notice.
Please go to www.apsu/recreation for the most up-to-date schedule.**

Fall 2009 Group Fitness Schedule Aug. 31 – Dec. 9



All classes are free with a valid APSU I.D.

There is a \$2 fee per class for non-APSU community members payable at the Foy Fitness and Recreation Center.

No admittance after class has begun; this is for YOUR safety.

Please turn off cell phones before class.

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AP# 123/08-09/200

GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15—7 a.m.		Flex & Tone (A) MC		Flex & Tone (A) MC		
12:15—1 p.m.	Cardio Kick (A) Keyuna	Strength Training (A) Jackie (12:15-12:45 pm) 15 min. Abs (A) Jackie (12:45-1 pm)	Cardio Kick (A) Keyuna	Strength Training (A) Jackie (12:15-12:45 pm) 15 min. Abs (A) Jackie S. (12:45-1 pm)	YoLates (CS) Keyuna	
4—4:45 p.m.	Ballroom Dance (A) Marcus (4-5 pm)	Butts & Guts (A) Amber Mixed Martial Arts (B) SSF	Eskrima (B) Ray (4-5 pm) Circuit Training (A) Phillip	Mixed Martial Arts (B) SSF	Cardio Sculpt (A) Jackie	
5—5:45 p.m.	Advanced R&B Line Dance (A) Kathleen (5-6 pm) Kenpo Karate (B) Ray (5-6 pm)	Cardio Sculpt (A) Katrina Intermediate R&B Line Dance (B) Kathleen (5-6 pm)	Ballroom Dance (A) Marcus (5-6 pm) YoLates (CS) Keyuna	Chicago Step (A) Terrence (5 - 7 pm) Butts & Guts (B) Katrina	Beginner R&B Line Dance (A) Kathleen (5-6 pm)	<u>Sunday</u>
6—6:45 p.m.		Belly Dance (A) Ashley L. (6-7 pm)	Butts & Guts (A) Jennifer S.	Action Abs (B) Amber (6-6:30 pm)		Cardio Sculpt (A) Jennifer S.
7—7:45 p.m.			Latin Dance (A) Ashley L.	Cardio Crunch (A) Jennifer S.		Action Abs (A) Jennifer S. (7-7:30 pm)

A-Studio A, B-Studio B, CS— Cycling Studio

WATER AEROBICS

	Monday	Tuesday	Wednesday	Thursday
5—5:45 p.m.	Aqua Tone Amber		Aqua Tone Amber	
6—6:45 p.m.		Cardio Splash Jennifer S.		Cardio Splash Jennifer S.

All water aerobics classes will be held in the Foy pool.