

Group Fitness Descriptions

20/20/20-Get the best of all worlds in this workout! 20 minutes of cardio, 20 minutes of strength and 20 minutes of abs. Challenge yourself in this total body conditioning class.

ABSolute Cycling-Check out this high intensity cardio workout with a twist! ABSolute Cycling incorporates a gut-wrenching ab workout.

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

Boxing-Learn the fundamentals of this combat sport while getting a total body workout and challenging yourself in new ways!

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

Cardio Fusion-Get a heart-pounding, all-cardio workout using body weight, medicine balls and more! Bring water to this intense, sweat-inducing class!

Core & More- This energizing class focuses on the core muscles including abs, glutes and hips, while challenging the rest of your body in a variety of ways.

Cycle & Tone-Get the best of both worlds with Cycle & Tone; a sweat-inducing cycling workout and strengthening exercises to tone your muscles! Get ready for a total body workout.

Dance It Off!-Check out this fun, energetic cardio workout that uses easy to follow dance moves to today's hit music. Get ready to burn loads of calories while having fun!

Gentle Yoga-Gentle Yoga focuses on relaxation, breathing and flexibility. This class is great for anyone new to yoga or looking for a restorative workout.

Indoor Cycling-Get ready to sweat! This class will follow an all-terrain format using flats, hills, sprints, jumps and variations on specialized stationary bikes. Participants are encouraged to bring water to this intense cardio class.

Meditative Stretch-This class focuses on breathing and movement with relaxing and rejuvenating flexibility exercises. Leave feeling refreshed and renewed!

Power ½ Hour-Get ready to break a sweat! Cardio, strength, intervals, oh my! Keep your body guessing with this 30-minute, ever-changing workout utilizing a variety of equipment or body weight only.

Power Yoga-This isn't your traditional yoga class! Power Yoga uses a variety of vinyasas, more challenging poses and an emphasis on fitness to make you break a sweat and challenge your body.

Sculpt & Tone-This challenging workout is designed to shape, tone and sculpt your body using a variety of exercises and equipment including bands, weights and more.

Sweat & Sculpt-Get a total body workout in this cardio and strength combo class! Sculpt your body through strength exercises using a variety of equipment and get your heart pumping with high intensity cardio.

Yoga-Yoga is a series of carefully designed postures with a strong emphasis on breathing, concentration and flexibility of the mind and body.

YoLates-Come and unwind while toning your whole body in this combination of yoga and Pilates, emphasizing strength and stability using a variety of equipment.

Zumba-Get a workout and have fun dancing at the same time with a mixture of various dance styles, from Middle Eastern to hip hop. This cardio class will keep you moving!

Dance Descriptions

Ballroom Dance-Join our accomplished instructor to learn and practice traditional ballroom dances such as the Foxtrot, Waltz and more!

Hip Hop Dance-A low-to medium-impact cardio class that fuses core strengthening warm-ups with rhythmic hip hop combinations that challenge movement coordination skills to up-beat music. Dance composition ranges anywhere from intermediate to the absolute beginner.

Latin Dance-The class is focused around basic body rhythms inherent in Merengue, Salsa, and more! Learn the fundamentals of leading and following, as well as dance patterns for each Latin dance style.

Modern Dance-A low to medium impact cardio class, built on today's contemporary/modern dance. This class focuses on movement quality and personal expression of the dancer as well as some technical performance. Improve core strength and flexibility, build stamina and get your heart pumping to various musical selections. No dance experience is needed.

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.

Schedule is subject to change without notice.

Please go to www.apsu/recreation for the most up-to-date schedule.

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Spring 2012 Group Fitness Schedule Jan. 12 - May 4



Facility Hours

Monday - Thursday, 6 a.m. - 10 p.m.

Friday, 6 a.m. - 6 p.m.

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

Sunday, 5 p.m. - 9 p.m.

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.



Scan the barcode with your smartphone to visit APSU Fitness on Facebook.

SPRING 2012 GROUP FITNESS SCHEDULE

January 12 - May 4

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|--|---|--|--|--------------------------------|
| 10-10:50 a.m. | Yoga (A) Susan | Core & More (A) Claudia | Yoga (A) Susan | | | |
| 12:15-1 p.m. | Power ½ Hour (A) (12:15-12:45) Wendi | Sweat & Sculpt (A) Claudia | Cardio Fusion (A) Sarah | Sculpt & Tone (A) Wendi | (A) Yoga Wendi | |
| 3-3:50 p.m. | | Butts & Guts (A) (3:30-4:15) Sam | | Action Abs (A) (3:30-4) Katrina | | |
| 4-4:50 p.m. | Sculpt & Tone (A) Katrina Hip Hop Dance (B) (4-5) Rafael | Action Abs (A) (4:30-5) Sarah Boxing (B) SSF Yoga (CS) Wendi | Sweat & Sculpt (A) Sam Core & More (B) Katie | Ballroom Dance (A) (4-5) Ray Boxing (B) SSF Cycle & Tone (CS) (4:15-5) Lauren | Cardio Fusion (A) Katrina | |
| 5-5:50 p.m. | 20/20/20 (A) (5-6) Katrina Cycle & Tone (CS) Jefferson | Sculpt & Tone (A) Wendi Ballroom Dance (B) (5-6) Ray | Zumba (A) Kara Modern Dance (CS) (5-6) Rafael | Butts & Guts (A) Katrina Power Yoga (CS) Mary | Beg. R&B Line Dance (B) (5-6) Kathleen | Sunday |
| 6-6:50 p.m. | Zumba (A & B) Kara Int. R&B Line Dance (CS) (6-7) Kathleen | YoLates (A) Lauren Power ½ Hour (B) (6:15-6:45) Katie Adv. R&B Line Dance (CS) (6-7) Kathleen | Dance It Off! (A & B) Kate ABSolute Cycling (CS) Jefferson | Dance It Off! (A & B) Kate Gentle Yoga (CS) (6:15-7) Mary | | (A) Sweat & Sculpt Jennifer |
| 7-7:50 p.m. | Power Yoga (A) Mary Latin Dance (B) (7-8) Ray | Meditative Stretch (A) M.C. Indoor Cycling (CS) Jefferson | 20/20/20 (A) (7-8) Katrina Latin Dance (B) (7-8) Ray | | | Dance It Off! (A & B) Kate |

A-Studio A

B-Studio B

CS-Cycling Studio