






























# Spring 2012 Aerobic Schedule

January 16th—March 3rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Spin Room
 1-1:50 PM Kalene		Tabata  6- 6:50 PM Shana		 6- 6:50 PM Aubrey	 5-5:50 PM Hillary	 1-1:50 PM Kalene	
Yoga  5- 5:50PM Steven							Aerobic Studio 
	Dance To Fitness 7—7:50 PM Rishone	 7:15- 7:55PM Hannah	Yoga  7- 7:50PM Steven	 7:15- 7:55PM Hannah	Yoga  7- 7:50PM Steven		
	Yoga  8—8:50PM Rebecca	 8- 8:50PM Patsy	 8- 8:50PM Kalene	 8- 8:50PM Patsy			
	 9- 9:50 PM Aubrey	Karate  9- 9:50PM Jon	 9- 9:50PM Aubrey				
							

\*Note\* Insanity requires Pre-registration. Register at the Kiernan Center Front Desk. Only the first 25 students will be able to participate.

**Kiernan Recreation Center**

**“Your Center for Campus Recreation”**

# CLASS DESCRIPTIONS

**Dance To Fitness:** Want a great work out while learning the latest hip hop, salsa and break dancing moves? Come check out this class. An awesome time and sick work out!

**Pilates:** A mat Pilates class focusing on using the core in a variety of exercises to strengthen muscles and flexibility.

**Spinning:** Indoor Cycling class that offers high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension.

**Tabata Spinning:** This is a high intensity interval spin class. Excellent for fat burning as it increases metabolism and concentrates on working all muscles. Time efficient exercise – more time for relaxation! Increases calories burnt throughout the day due to the metabolism effect. Improves mental focus and determination.

**Yoga:** A system of exercises for attaining bodily and mental control and well-being

**Zumba:** A Latin inspired fitness dance party! Come tone your body to pop and Latin music. Zumba consists of easy-to-follow, calorie burning, body energizing movements that will keep you coming back for more.

**Insanity:** push you past your limits with cardio and plyometric drills with intervals of strength, power, resistance, and core training. No equipment or weights needed, and you don't have to be in extreme shape to do it.