

2024 WINTER/SPRING GROUP FITNESS SCHEDULE

JAN 16 - MARCH 8

SUN	MON	TUES	WED	THURS	FRI
	8:15-8:50 am CARDIO STEP KAT (STUDIO 205)	8:05-8:50 am HIIT ALYSSA (STUDIO 205)	8:15-8:50 am STRENGTH & CONDITIONING KAT (STUDIO 205)	8:05-8:50 am HIIT ALYSSA (STUDIO 205)	
9:30-10:30 am MUSCLE KICK TJ (STUDIO 205) Starts Jan. 21st	9:30-10:15 AM SPIN KAT (SPIN STUDIO)		9:30-10:15 AM SPIN KAT (SPIN STUDIO)		9:30-10:15 AM SPIN KAT (SPIN STUDIO)
	12:00-12:45 pm YOGA KAT (SPIN STUDIO)	12:00-1:00 pm SPIN/CORE KAT (SPIN STUDIO)	12:00-12:45 pm CORE & MORE KAT (SPIN STUDIO)	12:00-1:00 pm SPIN/STRENGTH/YOGA MEG (SPIN STUDIO)	12:00-12:45 pm CORE & MORE KAT (SPIN STUDIO)
	4:00-5:00 pm YOGA PEYTON (STUDIO 205)		4:00-4:45 pm CARDIO DANCE LAURA (STUDIO 205)		4:00-5:00 pm YOGA PEYTON (STUDIO 205)
	5:15-6:00 pm HIIT JAMIE (STUDIO 205)		5:00-6:00 pm YOGA VALERIE (STUDIO 205)	5:00-6:00 pm YOGA KAT (STUDIO 205)	4:00-4:45 pm SPIN JAMIE (SPIN STUDIO)
	6:15-7:00 pm SPIN JAMIE (SPIN STUDIO)	6:00-6:45 pm SPIN MEG (SPIN STUDIO)	5:15-5:45 PM SPIN KAT (SPIN STUDIO)	6:15-7:00 pm STRENGTH & CONDITIONING KAT (STUDIO 205)	5:00-5:45 pm HIIT JAMIE (STUDIO 205)
		7:00-8:00 pm YOGA MEG (STUDIO 205)		7:00-8:00 pm SPIN GRACE (SPIN STUDIO)	
	5 min. group workout: Jump Squats & Moun- tain Climbers 10am, 12pm, 2pm, 4pm, 6pm (FRONT FITNESS AREA)	8:15-8:45 pm ZUMBA EXPRESS KAT (STUDIO 205)	5 min. group workout: Burpees 10am, 12pm, 2pm, 4pm, 6pm (FRONT FITNESS AREA)	8:15-9:00 pm CARDIO STEP KAT (STUDIO 205)	5 min. group workout: Push-ups to Side Planks 10am, 12pm, 2pm, 4pm (FRONT FITNESS AREA)

KIERNAN RECREATION CENTER

"YOUR CENTER FOR CAMPUS RECREATION"

CLASS DESCRIPTIONS

CARDIO DANCE	A dance based cardio class introducing easy to follow, fun, high-energy choreography.
CARDIO STEP	A fun & intense workout using basic step moves & a bench that will increase your stamina & burn calories.
CORE & MORE	This class focuses on improving balance & posture while strengthening muscles of the abdomen & back.
HIIT	Comprised of repeated bouts of short, high-intensity intervals with periods of active recovery, focused on cardio fitness.
MUSCLE KICK	A timed out HIIT class involving the combination of strength training, agility drills, martial arts, and core to build muscle, improve endurance and increase agility.
SPIN	An indoor cycling class offering high energy workouts, enhancing cardio endurance & muscular strength.
STRENGTH & CONDITIONING	This class is designed to increase physical strength through weight-bearing & resistance exercises.
YOGA	A spiritual & ascetic discipline that incorporates breathing, meditation, & the adoption of specific asanas, or bodily postures.
SPIN/STRENGTH/YOGA	Experience 20 min spin, 10 min. strength & 30 min. yoga.
SPIN/CORE	Experience 30 min. spin & 15 min. core training.
ZUMBA EXPRESS	A 30-minute cardio based fitness class with Latin inspired dance.



* The university reserves the right to change this schedule as deemed necessary