# FALL 2014: SEPTEMBER 2 – DECEMBER 5

## MONDAY
- 6:30: PIYO ALI
- 7:30: PIYO ALI

## TUESDAY
- 6:30: MORNING MANIA HEIDI
- 7:30: VINYASA YOGA JEANNE

## WEDNESDAY
- 11:10: FULL BODY TRAINING CASI
- 12:05: YIN YOGA PATRICIA

## THURSDAY
- 6:30: PIYO ALI
- 7:30: VINYASA YOGA JEANNE

## FRIDAY
- 10:00 AM: SPIN SHELLEY
- 11:00 AM: PIYO ALI

## SATURDAY
- 10:00 AM: SPIN SHELLEY
- 11:10: FULL BODY TRAINING CASI
- 12:00 PM: ZUMBA BETH

## SUNDAY
- 10:00 AM: SPIN SHELLEY
- 11:00 AM: PIYO ALI

## FREE CLASSES:
**SEPT. 2-7, 2014**
Please check the website for updates, events, and instructor bios!
[rec.arizona.edu/fitness-wellness/events](http://rec.arizona.edu/fitness-wellness/events)

## ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.
GROUP FITNESS CLASSES

**BOOT CAMP**: Looking for resistance and cardiovascular training? This class includes circuits, athletic exercises and drills that keep you moving and motivated! (INT)

**BOSU BLAST**: Balance, stability, core, cardio, toning... You name it, this class works it! Targets the whole body, works the core, and leaves you feeling great. (BEG/INT)

**BOLLYX**: Experience a Bollywood-inspired dance fitness program that combines dynamic choreography and intensive workouts with the hottest music from around the world. Workout cycles between high and low intensity dance sequences to get you moving, sweating and motivated.

**BUTTS N GUTS**: Strength and tone the core area of the body including your abs, back, and butt. Come transform your body and help get your greatest “assets” feeling great.

**CALORIE CRUNCH BOOT CAMP**: Class is designed to torch calories and work those muscles! Join us for this sweat dripping, butt kicking, full body workout that will leave you wanting more. Class is designed to provide motivation!

**CANDLELIGHT YOGA**: Take time at the end of the day to realign your body and mind. Join us for a peaceful yoga style class that will help you relax and prepare for the rest of your night.

**CARDIO ‘N’ CORE**: Looking to get a great cardio workout while hitting your CORE at the same time? If you looking for a high energy class, with big results, this is the class you want to be in! Forty-five minutes of heart pumping cardio and core targeting moves. (BEG/INT)

**FITNESS BASICS**: Strengthening and toning your muscles only happens when you train correctly. Learn proper form, technique, and weight training principles by performing a variety of exercises that target all the major muscle groups. (BEG)

**FLEX N FLOW**: Come sweat, smile, and savasana as you enjoy a full body workout flowing to some of today’s top hits. Fun and athletic in nature, this Yoga class will help build strength, grace, and confidence in your body and mind. Ending with a final relaxation to restore your practice.

**FLOW YOGA**: Class offers participants access to greater strength and flexibility via clear and specific alignment instructions. Its aim is to be the most doable yet difficult class in the context of fun with the soundtrack to match!

**FULL BODY TRAINING**: Using a variety of equipment, this class will be a full body circuit to keep your body toned and lean.

**HABIT**: Specifically focuses on strength and stability of Hips, Abs, Butts, and Jinner Thighs. Great lunchtime class that will get your heart rate up and your body moving.

**H.I.I.T.:** High intensity interval training. Class is designed to increase stamina, cardiovascular endurance, & strength. (INT)

**INSANITY**: Cardio class based on maximum interval training will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. Dig deep for this full body workout.

**MORNING MANIA**: Join us bright and early! Using a variety of equipment, this class includes a full body circuit designed to wake you up and get you ready for the day! This high energy class is a great cardio workout that will give you big results! This class is for everyone! Instructors will assist with appropriate weights & exercises.

**MUSCLE PLAYGROUND**: Ready to work every muscle in your body? This class will help you lean out and tone up every muscle group. Get ready to lift, bend, flex, and work!

**PILATES**: This mind and body discipline class follows a series of movements which deliver strength, flexibility and endurance. Through the course of this class, there will be various floor and standing positions that target the core area.

**PILATES MAT**: Follow a series of movements using Pilates equipment which deliver strength, flexibility, and endurance. Various floor positions target the core area.

**PILATES SMALL TOOLS**: Mind and body discipline class follows a series of movements using Pilates equipment which delivers strength, flexibility and endurance. Various floor positions target the core area.

**PIYO**: It’s all about strength training and core conditioning for people who want to sweat their way to increased core strength and greater stability! Pilates & Yoga formats are fused together to improve dynamic balance, strength, & functional training. (INT)

**POWER YOGA**: A dynamic and challenging yoga style. Expand your practice and open up in this powerful flow class! Learn about the power of proper alignment, breathing and the benefits it can provide. (INT/ADV)

**PURE BURN**: This workout will help you shred, burn, and eliminate those stubborn calories. Join us for a calorie blasting, heart racing, cardiovascular workout!

**RISE & ALIGN**: Start the day with a yoga class that will leave you feeling alive, awake, aligned and refreshed. Learn the importance of proper breathing, posture, and mindfulness.

**SPIN (SPINNING®)**: This is an energizing workout that blends cycling technique, breathing awareness, and heart rate training into one. Each class is different and unique to the instructor! Music, core training, and stretching vary per class! Try them all & see which RIDE you enjoy the most. SPD’s clips are available on bikes.

**TBC (TOTAL BODY CONDITIONING)**: Busy? Looking to get a full body workout in? This is the class for you. Using a variety of equipment, this class will be a full body circuit to help you get in, workout, and get out! This class is for everyone!

**TRX**: A quick 15-minute workout designed to get your core activated and burning. Join us for this accelerated class and work your midsection. (INT)

**VINYASA YOGA**: A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Appropriate for all yoga enthusiasts.

**WARRIOR FLOW**: This class is a full body workout that brings out the warrior and strength within. Sweat to some good tunes, tone your entire body, and end with a relaxation to create a deeper power in your stance of being.

**YIN YOGA**: A quiet practice that compliments your dynamic practice by releasing energy to the joints rather than the muscles. A smaller number of poses are held comfortably for approximately 2-3 minutes similar to short meditation.

**ZUMBA®**: This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It’s one of the best ways to get fit, toned, and a cardio workout. It is easy to do, effective, and exhilarating!

GENERAL INFORMATION

**FITNESS 2 U**: We bring fitness to you! Our certified fitness instructors and personal trainers will come to your location and provide your group with a personalized class or lecture. Questions: Casandra at 626-6544

**SESSION BASED CLASSES**: Looking for small group training? We have yoga, Pilates, weight training, weight loss, boot camp, and more. Visit: REC.ARIZONA.EDU/PROGRAM/FITNESS-WELLNESS

**SPECIAL INTEREST ACTIVITY CLASSES**: Available for those with interest in Belly Dancing, Hip Hop, Tai Chi, Kruz Maga, and more! Visit: REC.ARIZONA.EDU/PROGRAM/SPECIAL-INTEREST

**ALL CLASSES CAN BE MODIFIED! PLEASE TALK TO YOUR INSTRUCTOR PRIOR TO CLASS ABOUT YOUR FITNESS LEVEL.**

Valid Fitness Pass required to attend classes • One-Class Passes $7 • Fitness Passes are non-transferable and non-refundable • Arrive on time/late entry not allowed • Appropriate attire needs to be worn

Physician’s clearance recommended prior to beginning any exercise program • Schedule subject to change • Visit website for most current schedule including cancellations

**FALL 2014 GROUP FITNESS SCHEDULE**

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All classes are 45-minutes unless noted • Classes appropriate for all skill levels unless noted (BEG=Beginner, INT=Intermediate, ADV=Advanced)

**FITNESS SUITE | CAMPUS RECREATION | 2ND FLOOR | 520-626-6544 | REC.ARIZONA.EDU/FITNESS**