

GROUP FITNESS

FALL 2009

	MON	TUE	WED	THU	FRI
6:30am multi purpose	Spinning® (50 min) Erica	Spinning® (50 min) Jo-Ann		Spinning® (50 min) Jo-Ann	
8am	Lethal Legs (25 min) Kristie	TKB (50 min) Kelsey	Lethal Legs (25 min) Teshina	TKB (50 min) Shari	
8:30am	Core Conditioning (25 min) Kristie		Core Conditioning 25 (min) Teshina		
11am	Yoga K (50 min) Ghada			Power Pilates (50 min) Lisa L.	
12pm	Mat-Based Pilates (50 min) Flo	Circuit Boot Camp (50 min) Jenny S.	Yoga H/V (50 min) Katherine	Yoga K (50 min) Ghada	Body Challenge (50 min) Nancy
12pm multi purpose	Spinning® (50 min) Kristie	Cycle (50 min) Amanda		Spinning® (50 min) Lisa L.	Spinning® (50 min) Teshina
1pm multi purpose			Spinning® (50 min) Bev		
1pm	Total Toning (25 min) Bev	TKB Boot Camp (50 min) Jenny S.	Total Toning (25 min) Nancy	BoogieBox (50 min) Bellischa	Yoga A (75 min) Paulette
1:30pm	Core Conditioning (25min) Bev		Core Conditioning (25 min) Nancy		
3pm					Hip Hop (50 min) Christian
4pm	Yoga V (50 min) Courtney	Yoga A (50 min) Amy	Yoga I (50 min) Stan	Gentle Yoga (50 min) Katherine	
4pm multi purpose		Cycle (50 min) Trisha		Spinning® (50 min) Kelsey	
5pm	TKB (50 min) Shari	Cardio-Kickbox (50 min) Katie H.	TKB (50 min) Jaime	Cardio-Kickbox (50 min) Katie H.	
5pm multi purpose	Spinning® (50 min) John		Spinning® (50 min) Bob		
5:30pm Aquaplex		Water Fitness (50 min) John		Water Fitness (50 min) Ashley R.	
6pm	PiYo (50 min) Shari	Yoga V (50 min) Mary	Yoga V (50 min) Jennifer	Body Challenge (50 min) Amie	
6pm multi purpose		Spinning® (50 min) Lindsey	Spinning® (50 min) Nikki	Spinning® (50 min) Jennifer	
7pm	Body Challenge (50 min) Erica	TKB (50 min) Nikki	Zumba (50 min) Rachel	Power Pilates (50 min) Erica	
7pm multi purpose	Spinning® (50 min) Lindsey				
WEEKENDS					
SAT	9:30am (75 min) Yoga V Mary	11am (50 min) Zumba Shelby	11am (50 min) Spinning® Bob	12 pm (50 min) Cardio-Kickbox Shelby	
SUN		11am (75 min) Yoga V Jennifer		12:15pm (75 min) Super Cycle Trisha	
SAT/SUN Aquaplex		11am (50 min) Water Fitness Ashley R./John			

■ = Cardio ■ = Mind/Body ■ = Strength-Based ■ = Dance

**Effective
August 31, 2009
through
December 19, 2009**

Schedule subject to change,
check website for updates.



NO CLASSES

September 7

Labor Day

October 3

Multi-Purpose Studio closed
due to the Spin Instructor Orientation
Workshop

November 9

Group Fitness Studio closed
due to the TKB Instructor Certification
Workshop

November 11

Veteran's Day

November 26 - 29

Thanksgiving Break

All information subject to change.
Check website for updates.

Group Fitness Etiquette:

1. Weekday classes scheduled 2:00pm and later, participants must obtain a number from Information Services 15 minutes prior to the start of class.
2. It is inappropriate and unsafe to enter a class that has already started.



ASSOCIATED STUDENTS/SDSU

arc.sdsu.edu/groupfitness ■ 619.594.0204

A.S. programs are accessible to individuals with disabilities. Minimum 10 business-day advanced notice required. For information call 619-594-5278.

Body Challenge (All Levels)

A total body workout using body weight, resistance bands and free weights to challenge all muscle groups and develop muscle strength and tone. Bursts of cardio may be interspersed to get the heart rate pumping. A class of variety to challenge everybody!

Boogie Box (All Levels)

A complete, intense workout consisting of a fusion of hip-hop, Latin dancing, kickboxing, plyometric exercises and military drills choreographed in intervals and proven to burn up to 1,100 calories in one hour! It uses applied muscle resistance and exaggerated, overemphasized dance movements so you are continually pushing your body to its limits. This new aerobic exercise is a fun, exciting workout for anyone wanting to work hard!

Cardio-Kickbox (All Levels)

Achieve endurance, strength, stability, balance & mental toughness in this kickboxing cardio class. A series of fast-paced jabs, punches, shuffles & high kicks are all incorporated into this exhilarating class.

Circuit Boot Camp

Circuit Training Boot camp is a high energy, calorie burning, fat melting, sweat pouring workout! Although the concept of Circuit training is not new, each and every class will be. Designed to efficiently work your body from head to toe each week as well as cure those "Gym Boredom Blues". Circuits will incorporate resistance, free weights and core as well as cardio exercises. The one thing you sure will not find, is the "same old thing".

Core Conditioning (All Levels)

Also listed as "Core." this class emphasizes the importance of overall core strength in the four abdominal muscles, lower back, hips and glutes. This 25-minute class focuses on quality exercises geared toward overall core strengthening.

Cycle (All Levels)

A challenging 45-minute stationary cycle class that utilizes various training techniques & motivational strategies to simulate outdoor riding experiences.

Gentle Yoga (All Levels)

Gentle Yoga is a safe way to begin a new yoga practice, or to deepen your advanced one. Appropriate for all levels, this practice will allow your body to deeply relax, open and release stress in both the body and mind. Gentle Yoga uses relaxation techniques with mindful breath and slow/gentle body movement, called Yin Yoga, to experience a blissful and often a very transformative practice.

Hip Hop (All Levels)

Get dance moves taught in a traditional aerobic format to the latest hip hop music. This workout is for anyone looking for a fluid workout without a lot of choreography.

Lethal Legs (All Levels)

A 25-minute sculpting class specifically designed to work the glutes, hips, quads, hamstrings and inner thigh muscles.

Mat Pilates (All Levels)

This mat class consists of a series of non-impact exercises that help improve muscle control, flexibility & coordination. Pilates exercises are designed to maximize abdominal strength, while toning & increasing flexibility in the rest of the body.

PiYo (All Levels)

This hard-core class is set to music and actively fuses together the best of Pilates and yoga. PiYo is a unique blend of dynamic movements that incorporate balance, strength and functional training while also emphasizing the athleticism found in Pilates, yoga, dance training and sports conditioning. It includes modifications for all levels of participation, and is sure to provide progressions to challenge even the most advanced students.

Power Pilates (All Levels)

This class will strengthen your body as well as challenge your core stability, strength, balance and

flexibility by incorporating traditional mat-based Pilates exercises.

Moving at a faster pace, the series of exercises are linked together in continuous movement to produce maximum results.

Spinning® (All Levels)

Led by a Johnny G certified spin instructor, this class simulates an outdoor ride filled with hills, sprints and other terrains. Music and fun are included!

Super Cycle (Int/Adv)

This 75-minute stationary cycle class incorporates intense movements. With an emphasis on instructor coaching this class requires participants to have knowledge of basic cycling techniques and patterns.

Total Toning (All Levels)

Strengthening & toning for the major muscle groups using dumbbells, your own body resistance & resistance bands. The 25-minute class is perfect to "fit it in."

TKB Boot Camp (All Levels)

This class is the ultimate cardiovascular challenge! Get sport specific warm-ups, bouts of intense cardio intervals, easy to follow combinations and kickboxing-specific strength and endurance training, and short bursts of strength training.

TKB - Turbo Kick Boxing (All Levels)

The ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations kickboxing specific strength/endurance training.

Water Fitness (All Levels)

A fun, low-impact exercise option for anyone searching for a challenging cardiovascular workout. During class, specialized water equipment will utilize water resistance in order to focus on strength training and toning of all major muscle groups. Unlike other water programs geared toward older adults, our classes are high-energy, providing all ages and fitness levels with a challenging, full-body workout. Meet at the Rec pool in the Aquaplex.

Yoga A Ashtanga (All Levels)

Athletic style yoga to develop strength, flexibility and focus. This class requires a moderate level of physical fitness & a willingness to work hard. Hatha style breathing & meditation are learned as well.

Yoga H Hatha (All Levels)

Stretching poses in sequence are effective for injury recovery, balance, alignment & mental focus. Our most restorative class.

Yoga I Iyengar (All Levels)

This class will practice yoga asanas (poses) in the tradition of BKS Iyengar. This method puts emphasis on alignment detail within the structure of each pose. We will explore standing poses, forward bends, minor back bends as well as basic inversions. Iyengar Yoga is pure, authentic, traditional yoga.

Yoga K Kripalu (All Levels)

Energetic, fluid movements and postures to develop strength, flexibility, endurance and alignment while integrating the body and mind.

Yoga V Vinyasa (All Levels)

High energy routines that link powerful breath with dynamic, flowing sequences of postures designed to build strength at the edge of your flexibility. Expect a challenging and athletic class with rhythmic music and a variety of routines.

Zumba® (All Levels)

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This class is 50 minutes of exhilarating caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.



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