

# Wildcat Recreation Center

## Group Exercise Schedule & Class Descriptions

	Monday		Tuesday		Wednesday		Thursday		Friday
10:00 AM	Barre Fitness 10:00 - 10:45am Kristen	240	Spin 10:00 - 10:45am Kristen	260	Barre Fitness 10:00 - 10:45am Kristen	240	Spin 10:00 - 10:45am Kristen	260	
11:00 AM									
12:00 PM	Spin 12:00 - 12:45pm Kristen	260	Yoga 12:00 - 1:00pm Kristen	240	Spin 12:00 - 12:45pm Kristen	260	Yoga 12:00 - 1:00pm Kristen	240	
1:00 PM									
2:00 PM									
3:00 PM									
4:00 PM	Yoga 4:00 - 4:50pm Kristen	240			Yoga 4:00 - 4:50pm Kristen	240			
5:00 PM	Butts & Gutts 5:00 - 5:30pm Kristen	250	Zumba 5:15 - 6:00pm Kristen	240	Butts & Gutts 5:00 - 5:30pm Kristen	250	Zumba 5:15 - 6:00pm Kristen	240	
	Spin 5:00 - 5:45pm Caitlin	260			Spin 5:00 - 5:45pm Caitlin	260			
5:30 PM			Spin 5:30 - 6:15pm Kim	260			Spin 5:30 - 6:15pm Kim	260	Room 240
6:00 PM	Boot Camp 6:00-7:00pm Caitlin	240	Abs 6:00 - 6:30pm Kristen	260	Boot Camp 6:00-7:00pm Caitlin	240	Abs 6:00 - 6:30pm Kristen	260	Room 250
									Room 260

**ABS:** A core workout that focuses on toning and defining abdominals - helping to maintain good posture and a healthy back. All levels welcome.

**BUTTS N' GUTTS:** This class focuses just on your lower body! Sculpt, shape, and strengthen your abdominal, glutes, and thigh muscle groups in this lower body targeted workout.

**BOOT CAMP** Inspired by some of the most popular Boot Camp style exercises, this class will work all the major muscle groups while getting your heart rate up for an intense cardio burn. Small equipment will be used to create a circuit style workout that is appropriate for all fitness levels.

**BARRE FITNESS:** This class combines ballet-inspired moves with elements of Pilates, dance and strength training. You will use a ballet barre, and small equipment such as Bender balls, Glide disks and light weights to strengthen and tone the muscles while maintaining flexibility and mobility of the joints.

**SPIN:** Take your cardio workout to the next level with one of our great Spin classes. You control the intensity of the workout which makes this class making it great for all experience levels.

**YOGA:** Use this mind and body practice to decrease your stress levels. Yoga combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being. All levels welcomes.

**ZUMBA :** Zumba is a super fun aerobic dance class that uses primarily Latin American dance rhythms and moves. This class moves between high and low intensity routines to create an interval workout for your heart and lungs. No prior dance experience is necessary and all fitness levels are welcome.