

## Group Fitness Schedule: April 20<sup>th</sup> – April 24<sup>th</sup>



Please see Group Fitness Class Policies for further information.

All Group Fitness classes are located on the lower level of the Wellness Center in the dance studio.

Aqua Fit classes are located in the Wellness Center pool. *\*Please wear a swimsuit to class.\**

**Note:** Cycling and Step N Pump classes are limited to nine (9) participants.

All classes are subject to change.

A minimum of five (5) participants must be present to hold a class unless otherwise decided by the instructor.

**Don't forget – Yoga in CLC on Mondays from 5:15pm – 6:30pm.**

	Monday	Tuesday	Wednesday	Thursday
<b>12:00pm - 12:45pm</b>		Lunch Crunch		Lunch Crunch
<b>5:00pm - 5:50pm</b>	Cycling (limit 9)	Boot Camp 101	Cycling (limit 9)	Boot Camp 101
<b>6:00pm - 6:50pm</b>	Aqua Fit	Cardio Kick	Aqua Fit	Hip-Hop Jazz
<b>7:00pm - 7:50pm</b>	Step N Pump	Hip-Hop Jazz	Cardio Kick	

### Class Descriptions:

**Aqua Fit: (50 min.)**

- Hop in the water with this low impact, yet challenging total body workout in the pool. (For all levels)

**Boot Camp 101: (50 min.)**

- A combination of resistance training, cardio, and military drills to give your body a total workout. (For all levels)

**Cardio Kick: (50 min.)**

- Mixing kickboxing moves with high energy cardio will leave you feeling powerful and fit. (For all levels)

**Cycling: (50 min.)**

- Join us on a ride through hills, flat roads and various terrains on an indoor bike. (For all levels)

**Hip Hop Jazz Dance: (50 min.)**

- This class will focus on dance moves combined with core strengthening exercises. (For all levels)

**Step N Pump: (50 min.)**

- Combination of step cardio and resistance training to kick your fitness up a notch. (For all levels)

**Lunch Crunch: (45 min.)**

- Take a break from your day for this total body workout of light resistance training, cardio and core work. (For all levels)

**Check online at: <http://www.uscupstate.edu/wellness>**