



Group Fitness Schedule SPRING 08

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1,2 STEP*		[FRANCESCA] 5-6 P.M. MP2		[FRANCESCA] 5-6 P.M. MP2		
ABS	[A.K.][TONI] 5:45-6 P.M. MP1	[A.K.]/[FRANCESCA] 4:45-5/5:45-6 P.M. MP2	[A.K.][TONI][FRANCESCA] 5:45-6 P.M. MP1	[A.K.]/[FRANCESCA] 4:45-5/5:45-6 P.M. MP2		
BOOT CAMP BOSU*	[A.K.][TONI] 5-6 P.M. MP1		[A.K.][TONI][FRANCESCA] 5-6 P.M. MP1			
BUTT & GUT		[CHANTIONETTE] 8:45-9 P.M. MP2		[CHANTIONETTE] 6:45-7 P.M. MP2		
CARDIO TRAINING*		[A.K] 4-5 P.M. MP2		[A.K] 4-5 P.M. MP2		
CORE CRUNCH			[PAMELA] 8-8:50 A.M. MP2			
DEFINITION	[PAMELA] 8-8:50 A.M. MP2					
FAT BURNER		[PAMELA] 8-8:50 A.M. MP2				
FORM & FLOW YOGA						[JOHANN] 11:30-1 P.M. MP2
HIP HOP*		[CHANTIONETTE] 8-9 P.M. MP2		[CHANTIONETTE] 6-7 P.M. MP2		
KICKBOXING*		[ASHLEY VOIGT] 5-6 P.M. MP1		[ASHLEY VOIGT] 5-6 P.M. MP1		
KICKBOXING/ HIP HOP*				[PAMELA] 8-8:50 A.M. MP2		
PILATES	[JENNIFER] 4-5 P.M./5-6 P.M. MP3		[JENNIFER] 4-5 P.M./5-6 P.M. MP3			
MAT/BALL PILATES					[PAMELA] 8-8:50 A.M. MP2	
POWER YOGA	[JOHANN] 5-6 P.M. MP2		[JOHANN] 5-6 P.M. MP2			
TONING	[TONI] 6-7 P.M. MP2		[TONI] 6-7 P.M. MP2			

FOR MORE INFO VISIT US AT WWW.SHSU.EDU/RECSPTS OR CALL MINDY ODEN AT 936.294.1307

* Please note that Hip Hop, , Cardio training, Kickboxing, 1,2 Step, Boot Camp Bosu will have either 'Abs' or 'Butt and Gut' for the last 15 minutes.

Revised on this Day:
4/10/2008

Group Fitness Class Descriptions

1,2 Step:	Beginning step class, with lower body toning. May incorporate some cardio and is a fun way to shape your body.
Abs:	Strengthen your core with this 15 minute class which focuses on the mid-section and oblique.
Mat/Ball Pilates:	This class is designed to strengthen the core, improve posture using slow controlled movements, as well as focusing on breathing/relaxation. A stability ball is used to intensify Pilates movements by adding increased balance control to specific movements.
Belly Dancing:	Strengthen your core traditionally through this authentic and exotic Saudi Arabian dance.
Boot Camp BOSU:	A high intense cardio class full of fun sports drills and activities to keep you on your feet! In addition a Bosu Ball, which is a ball with a flat bottom which you can use like a step, will be used to work on core stability while working on cardiovascular endurance.
Butt & Gut:	This 15 minute workout is designed to shape not only your core but the glutes, inner and outer thighs.
Cardio Training	An innovative, fast paced, and challenging workout emphasizing aerobic endurance, and strength training.
Core Crunch:	A strength class that uses the stability ball to trim and tone your entire body while increasing your 'core' strength. Lots of balance work.
Definition:	This weight lifting/toning class is designed to improve muscular endurance and definition. Uses step and, light, medium, and heavy weights.
Fat Burner:	A low impact workout with light hand weights. Easy to follow, intense, and effective.
Form & Flow Yoga:	A slower, form efficiency emphasis using gentle flow sequences and standing posture improve balance, flexibility, and tone. Includes warm-up and relaxation.
Hip Hop:	Learn old school, new school dance moves while getting into shape.
Kickboxing:	A high intensity cardio class with lots of energy, fun, kicks and punches.
Pilates:	A body conditioning workout that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.
Power Yoga:	An intense, cardio emphasis class using rapid, repetitive flow sequences and standing posture to improve flexibility, strength, and tone. Includes warm-up and relaxation.
Toning:	This class uses various equipment and strengthening techniques to sculpt and define.