

## Rec Fit Session Descriptions

- **Arms & Abs**-- The class focuses on toning the arms and abs while using various resistance tools.
- **Aqua Motion**-- Cardiovascular, muscular, and flexibility exercises in the water. Low impact, great for all fitness levels, and a great alternative to land aerobics. No swimming experience is necessary.
- **Belly Dancing I & II**-- Learn the beautiful and fluid moves of Middle Eastern dance. Soft soled shoes or socks recommended.
- **Bouldering**-- Get a total body workout in the Outdoor Resource Center's climbing gym. Bouldering is a great way to build overall strength and muscle coordination.
- **Butts & Guts**-- Achieve a lean lower body and workout your abs.. This class focuses on the legs and abdominal muscles.
- **Cardio Kickboxing**-- Combinations of kicks, punches, and athletic conditioning moves to improve your cardiovascular fitness, strength, and coordination. Abdominal training is also included.
- **Cycle Fit**-- Awesome cardiovascular workout on specially designed stationary cycles. Rides include a variety of seated and standing drills that simulate outdoor cycling.
- **Cycle Sculpt**-- A combination of cycling and circuit weight training.
- **Power Circuit** - This intense class moves you through a circuit of exercises focusing on cardiovascular, strength, and balance training. Bring a friend and get a great workout with great music and fun exercises that will keep you moving! Be ready to sweat!
- **Scottish Country Dancing**-- Learn traditional Scottish dances in this new Rec Fit class. No experience necessary. All levels welcomed!
- **Tai Chi**-- Learn and practice the basic movements of Tai Chi. Relax, reduce stress, improve balance, memory, and concentration. Join the millions of people who practice Tai Chi daily throughout the world for its many mental and physical health benefits. For all fitness levels, basic to intermediate choreography.
- **Total Body**-- Strengthen and tone your body in this high intensity resistance training class with body bars, dumbbells and resistance tubing.
- **Yoga**-- A dynamic workout through which you will gain flexibility, strength, and balance. This class will lead you through various standing, seated, forward bending, and balancing poses. Rejuvenate yourself and share the experience of this moving meditation. Suitable for everyone!
- **Yoga Express**— Get a great Yoga workout when you're short on time or need a quick rejuvenation.
- **Zumba/Hip Hop Latin**-- Fitness class inspired by Latin Dance. You'll move to hypnotic musical rhythms while learning fun dance moves. Plus, you'll get a fantastic workout! Not a dancer? No problem, this class is designed to be not only fun, but easy to do!
- **Zumba & Tone**-- This class has it all! Dance to that Latin beat and tone your body.

WRIGHT STATE UNIVERSITY

# Rec Fit

## Fall 2009 Schedule



Campus Recreation's Rec Fit program offers a wide variety of non-credit group fitness sessions to help individuals meet their fitness goals. These sessions range from 50 to 60 minutes in length. Our diverse schedule has something for everyone--from the novice exerciser to the varsity athlete. All sessions are conducted in our new group fitness studios. Patrons must present a valid Wright One Card at the front desk.

Visit our website for more information.  
[www.wright.edu/crec](http://www.wright.edu/crec)



# Rec Fit Schedule

## (September 8-November 13)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:15-8:00 AM</b>	Cycle Fit Aimee Studio A	Power Circuit Christina Studio C	Cycle Fit Aimee Studio A	Power Circuit Christina Studio C	Cycle Fit Chelsea Studio A
<b>7:15-8:00 AM</b>	Zumba & Tone Dana Studio C				Zumba Dana Studio C
<b>11:00-11:50 AM</b>	Total Body Abby Studio C		Total Body Abby Studio C		
<b>12:10-12:40 PM</b>	Arms & Abs Aubrey Studio B	Yoga Express Amanda Studio C	Butts & Gutts Aubrey Studio B	Yoga Express Steph Studio C	
<b>12:10-1:00 PM</b>	Bouldering Stephanie Climbing Gym	Bouldering Jesse Climbing Gym	Bouldering Stephanie Climbing Gym	Bouldering Jesse Climbing Gym	Bouldering Jesse Climbing Gym
<b>12:10-1:00 PM</b>	Cycle Fit Jackie Studio A	Cycle Fit Shannon Studio A	Cycle Fit Jackie Studio A	Cycle Fit Shannon Studio A	
<b>12:10-1:00 PM</b>	Yoga Jenn Studio C	Scottish Country Dancing Patty Studio B	Yoga Steph Studio C	Scottish Country Dancing Patty Studio B	
<b>1:10-2:00 PM</b>		Tai Chi Andrew Studio B		Tai Chi Andrew Studio B	
<b>4:00-5:00 PM</b>		Power Circuit Jaclyn Studio C		Power Circuit Jaclyn Studio C	
<b>5:10-6:00 PM</b>		Yoga Ram Studio C		Yoga Dalia Studio C	
<b>5:30-6:30 PM</b>	Cycle Fit Sam Studio A		Cycle Sculpt Sam Studio A		
<b>5:30-6:30 PM</b>	Aqua Motion Chelsea Pool		Aqua Motion Chelsea Pool		
<b>6:00-7:00 PM</b>	Total Body Haley Studio C	**Zumba Jan Studio C	Total Body Haley Studio C	**Zumba Jan Studio C	
<b>6:15-7:00 PM</b>		*Belly Dancing I Kathy Studio B		*Belly Dancing I Kathy Studio B	
<b>7:15-8:30 PM</b>		*Belly Dancing II Kathy Studio B		*Belly Dancing II Kathy Studio B	
<b>7:15-8:00 PM</b>	Cardio Kickboxing Yamika Studio C		Cardio Kickboxing Yamika Studio C		

\*Belly Dancing I with Kathy will run September 8-29 and Belly Dancing II will run October 6-22. The Belly Dancing recital will be held on October 22 .

\*\*Zumba with Jan will begin on Tuesday, October 13.

Classes are free of charge for WSU faculty, staff and students. Alumni who wish to use the facilities may purchase a Fitness Center membership at the recreation desk. Guests are welcome to purchase a daily pass for \$5.33. Participants must bring a valid Wright1 ID and sign the attendance sheet upon entering all Rec Fit sessions.

Rec Fit classes are a great way to incorporate fitness into your daily routine. Each class offers something unique; our classes are the perfect solution to making exercise fun!