

Group Fitness Finals Week Schedule Spring 2018: April 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am	Battle Ropes Circuit Carlie		TRX Dalia		
12:10 pm	Barre Blend Melissa	Power Yoga Jennifer	Yoga Dalia	Total Body Circuit Jennifer	Cycle Fit Shannon
5:15 pm		Zumba Jan		Yoga Jan	

All classes, with the exception of Cycle Fit (studio A), will be offered in Student Union Studio C.

Barre Blend: Barre fitness classes are inspired by ballet and dance technique. Classes focus on fluid movement, proper alignment and body mechanics. Barre Blend incorporates traditional barre exercise with resistance training and cardio-metabolic exercise. The class ends with 10-20 minutes of deep stretching, balance work, and flexibility training.

Battle Ropes Circuit: Circuit training with battle ropes! Move through a series of drills using ropes, other equipment, and body weight exercise to achieve a total body workout.

Cycle Fit: Indoor fitness cycling. Rides include a variety of drills that simulate outdoor cycling. Suitable for all fitness abilities. New participants should arrive to class a few minutes early for assistance with bike set up.

Total Body Circuit: Circuit training is a great way to get a total body workout. In this class you'll move through exercise stations that will target all of the major muscle groups. Cardio drills may also be included to vary the intensity of the workout.

TRX: Born in the Navy SEALs, TRX Suspension Training is a system that leverages your own body weight against gravity to create a comprehensive total body workout. Develop strength, balance, flexibility, and core stability all in one workout. –In this class, your body is the machine!

Yoga: Improve flexibility, strength and balance in a moving meditation. Move through various standing, seated, forward bending, and balancing poses. Suitable for a variety of fitness levels. **Power yoga** classes move a little faster than our other yoga classes and offer more pose progressions. All levels welcome, and all participants are encouraged to work at their own pace. Challenge both your physical and mental stamina in this Ashtanga yoga inspired class.

Zumba: Move to the beat in this fitness class inspired by Latin dance and get a great workout! Zumba is fun and easy to do. No dance experience needed!

REC FIT OPEN GYM: April 30-May 4

Studio C will be available Monday-Friday, April 30-May 4 for self-directed fitness activities. Yoga mats, TRX suspension trainers, dumbbells, battle ropes, resistance tubing, and medicine balls will be available.

Summer group fitness classes begin Monday, May 7. Questions can be directed to jennifer.turpin@wright.edu.