

Spring 2018 Group Fitness Schedule January 8-April 20

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday
7:15-8:00 am	Cycle Fit Kara		Cycle Fit Kara		
12:10-1:00 pm	Cycle Fit Shannon		Cycle Fit Carlie	Cycle Fit Jackie	Cycle Sculpt Shannon

STUDIO B	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:50 pm	Body Sculpting Johnny		Battle Ropes Circuit Johnny		

STUDIO C	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 AM**	Yoga Dalia	Battle Ropes Circuit Jennifer	TRX Carlie	Battle Ropes Circuit Brianna	TRX Brianna
12:10-1:00 pm	Total Body Circuit Dalia	Yoga Jennifer	Barre Blend Shannon	Yoga Kara	Body Sculpting Brianna
5:15-6:10 pm		Zumba Jan	SWERK Keshia	Zumba Jan	
6:15-7:10 pm		Yoga Jan	Yoga Miriam	Yoga Jan	

***denotes 30 minute express classes*

Express classes are a great way to fit in a quick and effective workout if you're short on time!

POOL	Monday	Tuesday	Wednesday	Thursday	Friday
12:10-1:00 pm	Aqua Motion Jennifer		Aqua Motion Jackie		

Group Fitness classes are free for WSU students. Non-student participants must purchase a group fitness pass. Passes can be purchased at the Student Union Rec Desk. All participants should be prepared to present a valid Wright1 card (or UID) at the Rec Desk.

Visit us online to learn about other Fitness & Wellness services such as personal training, nutrition counseling, chair massage, fitness certification workshops and fitness outreach programs.

www.wright.edu/campus-recreation

Classes cancelled on the following dates:

MLK Day Monday, January 15, 2018

Spring Break Monday-Friday, February 26 – March 2, 2018

Rec Fit Outreach

Interested in having a Rec Fit instructor visit your office, residence hall or Student group?

We can bring our Group Fitness program to you or book one of our studios for your session.

Session rates start at \$25.

Call 937.775.5816 to schedule.



Group Fitness Class Descriptions

Aqua Motion: This workout offers total body fitness in the water! Suitable for all fitness levels. Aqua belts are provided; so, swimming experience is not necessary. However, please see the instructor if you have concerns about deep water or water safety.

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, cardio-metabolic exercise and yoga or flexibility training.

Battle Ropes Circuit: Anything goes! Get a total body workout to improve endurance, muscular fitness and sport performance in this intense class.

Body Sculpting: Sculpt a leaner body with weights, resistance bands, medicine balls and body weight exercises.

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.

Cycle Sculpt offers the best of both worlds –aerobic conditioning on the bike and resistance exercise off the bike.

SWERK: SWERK pairs upbeat dance routines with pop and hip hop music. You'll get a great workout while moving to some of your favorite songs! Be prepared to sweat!!

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. You'll move through various seated and standing poses. This is a mixed levels class suitable for a variety of fitness levels.

Zumba: Fitness class inspired by Latin Dance. Move to hypnotic musical rhythms while learning fun dance moves. Plus, you'll get a fantastic workout! This class is fun and easy to do! No dance experience necessary.

Please direct questions to the Assistant Director for Fitness & Wellness:

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