

Group X Schedule Summer 2009

Group X Summer Schedule (*effective May 11, 2009*)

Arena Pool	MON	TUES	WED	THUR	FRI
11:00am - 11:45am	Senior Splash		Senior Splash		Senior Splash
12:00pm - 12:45pm	Water Walking	Cardio H2O	Water Walking	Cardio H2O	Water Walking

HHS B93	MON	TUES	WED	THUR	FRI
12:00pm - 12:45pm		Yoga		Yoga	
4:45pm - 5:45pm	Step It Up	Pilates	Power Ball	Pilates	Step It Up



CLASS DESCRIPTIONS

Pilates

A system of mat exercises originally put together by Joe Pilates. The mat series is designed to strengthen the musculature of the torso to include the waistline, lower and upper abdominals, obliques, and low back. Added benefits are increased flexibility and toning of arms, chest and legs. Emphasis is on controlled breathing and correct technique. All levels welcome. For those with disc or vertebral "issues", please consult with a physician or speak with instructor prior to starting.

Power Ball

Scratch off those extra pounds! Play to win in this class using a stability ball for core strengthening, flexibility, and balance. "Lotto-fun" incorporates weights and bands for resistance training. Hit the jackpot with this total body strengthening class.

Step It Up

This class is guaranteed to get your heart rate up and burn calories. Various step movements including knee lifts, ham curls and back leg extensions are covered. Step at an intensity that works for you!

Yoga

Increase flexibility, muscle endurance and relieve stress by taking part in this popular class. Bringing your own mat to class is recommended, as there are only a limited number of mats available.

Questions? Contact the Recreational Sports office at (812) 237-4097.

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Water Classes

Cardio H2O

Are you looking for an intense workout that is gentle on your joints and bones? Water aerobics combines large and small movements using the water as resistance. This class will provide an intense aerobic workout while strengthening muscles and increasing flexibility. All of this without getting your hair wet.

Senior Splash

Get together with other seniors in the community for a gentle workout in the water. The class starts with a warm up, moves into an aerobic segment, includes cool down, and finishes with stretches. All movements are done in shallow water.

Water Walking

Join your co-workers for a noon-time pick-me-up. It's great to get your heart pumping while protecting your joints.