

GET FIT SCHEDULE

Summer 2008

Get Fit (effective May 12, 2008)

B 93	MON	TUES	WED	THUR	FRI
12:00 – 12:50p m		Yoga		Yoga	
4:45 - 5:30pm	Step Aerobics	Cardio Kickboxing	Body Conditioning	Power Cardio Circuit	Step Aerobics
Arena Pool					
12:00- 12:45	Water Walking	Water Aerobics	Water Walking	Water Aerobics	Water Walking



CLASS DESCRIPTIONS

Cardio Kickboxing

An intense class with great cardio; a mixture of kickboxing, aerobics, and conditioning. You will keep your heart rate up for a good 20-30 minutes with high and low intensity exercises as well as active recovery. Included is a great core workout involving your abdominals, obliques, and lower back. Anyone can participate in this class no matter what fitness level, but expect a hard and high impact workout!

Power Cardio Circuit

The class will combine muscle strengthening and cardiovascular fitness in a circuit format. Core exercises and stretching will be included for a total body workout. Participants are encouraged to use various pieces of equipment such as: bands, steps, and free weights and may work at their own pace to modify accordingly.

Step Aerobics

This class is guaranteed to get your heart rate up and burn calories. Step to the beat at an intensity that works for you!

Total Body Conditioning

This class focuses on toning, strengthening, and molding all the muscle and muscle groups in the body. Free weights, bands and steps will be used during class to aid various sculpting exercises. This class is mainly anaerobic and targets fat-burning and muscle definition. To help decrease the occurrence of tight and sore muscles, warm-up, cool-down, and stretching exercises will be integrated throughout the class.

Water Aerobics

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.

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.

Yoga Noon-time class

Increase flexibility, muscle endurance and relieve stress by taking part in this popular class.

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