

group exercise

schedule: January 17th - February 28th

	6:30 - 7:15 am	12:10 - 12:50 pm	4:30 - 5:15 pm	5:30 - 6:15 pm	6:25 - 6:50 pm	6:30 - 7:15 pm
Monday	Sunrise Cycle Shauna / Studio 1	Yoga Amanda / Studio 2	Butts & Guts Emily / Studio 2	Aqua Combo Steph / Reid Pool Cardio Dance Amanda / Studio 1 Power Pump Mandy / Studio 2	Ab Attack Ashley / Studio 1	
Tuesday		Power Pump Mandy / Studio 2	Box 'n' Sculpt Ashley / Studio 2	Aqua Combo Karrie / Reid Pool Cycle Challenge Amanda / Studio 1 Intermediate Pilates Ashley / Studio 2		Zumba Brandon / Studio 1
Wednesday			H.E.A.T. Amanda / Studio 1	Aqua Combo Catherine / Reid Pool Cardio Combat Amanda / Studio 1 Butts & Guts Emily / Studio 2	Ab Attack Emily / Studio 1	Power Pump Brandon / Studio 2
Thursday		Pilates Amy / Studio 2	Cardio Kickboxing Catherine / Studio 1 Trim 'n' Tone Allison / Studio 2	Aqua Combo Steph / Reid Pool Cycle Challenge Ashley / Studio 1 Yoga Erin / Studio 2		Zumba Kathryn / Studio 1
Friday		Step Kellie / Studio 2				

Shape Up Saturdays 11am - 12pm Rotating Instructors/Studio 2

CLASS DESCRIPTIONS



Campus Recreation
& Wellness

WESTERN CAROLINA UNIVERSITY

The Group Exercise program is designed to offer a variety of options for participants to achieve their fitness goals in a fun, motivating, and supervised atmosphere.

AB ATTACK: The ab class you have all been waiting for...with some back to balance out your muscles.

AQUA COMBO: Combination of shallow water and deep water exercises (buoyancy belts provided).

BOX 'n' SCULPT: This class combines the best of kickboxing with a variety of toning and abdominal exercises.

BUTTS & GUTS: Hit both areas in this dynamic sculpt class.

CARDIO COMBAT: A combination of heart pumpin' kickboxing, martial arts, and high-intensity aerobic moves.

CARDIO DANCE: Dance your way into cardiovascular fitness in this high energy, upbeat class.

CARDIO KICKBOXING: A mix of cardio and strength drills that incorporate basic kickboxing moves.

CYCLE CHALLENGE: Cycle your way to cardiovascular and muscular endurance in this interval-based cycle class.

H.E.A.T. : High Energy Athletic Training - Supercharge your fitness through high-intensity intervals followed by periods of rest to maximize your potential.

INTERMEDIATE PILATES: Expanding on the basic pilates class to continually challenge your core and work on flexibility.

PILATES: Mat-based class to improve core stability, muscle control, strength, and flexibility.

POWER PUMP: A structured strength class utilizing a barbell and weight plates to tone and strengthen.

STEP: This high energy aerobics class uses simple moves to get your heart rate up and body moving.

SUNRISE CYCLE: Cycle your way into the day in this interval based cycle class.

SHAPE UP SATURDAYS: Each Saturday will bring a different class with a different instructor.

TRIM 'N' TONE: Burn fat and tone up in this interval based cardio/strength combination classes.

YOGA: Learn the asanas (postures) for a better understanding of yoga benefits.

ZUMBA: Add some zest to your workout routine with fast and slow Latin rhythms with easy-to-follow moves.

*Mind – Body Experiment: Partner Yoga
Wednesday, February 15th at 7pm*

Beginning Jan 25th in CRC Conference Room
Group Exercise Instructor Training
Wednesdays at 7:00pm, first two classes are mandatory