



Fitness Passport Schedule Fall 2009 Session II: Oct 19 – Dec 13

Purchase a Fitness Passport and open the door to a whole new world of fitness. Your Fitness Passport will allow entry into a variety of fitness classes. Combine kickboxing, cycling, step, strength training and cross training classes to create a workout routine that meets your lifestyle and helps you reach your fitness goals. The Fitness Passport includes all classes on the Fitness Passport schedule.

Abs and Abs Blast: You guessed it! Twenty to thirty-five minute classes devoted to strengthening your abdominal muscles using a variety of innovative techniques!

AM Cycling: This early morning cardio workout is just what you need to get going in the morning. A smooth warm-up transitions to high intensity cycling intervals guaranteed to wake you up. The cool-down is followed by a flexibility segment so that you are stretched out and ready to head to class or work!

BOSU® Core: Working the abs and lower back using the revolutionary BOSU® (both sides up) Balance Trainers gives a challenging workout unlike any we've ever offered!

BOSU® Circuit: Using the revolutionary BOSU® (both sides up) Balance Trainers, this class gives a high intensity circuit workout that both burns calories and challenges the core muscles in new and exciting ways.

Cardio Belly Dancing:

Dance your way to toned abs, glutes, hips, legs, back and shoulders in this barefoot, medium-intensity cardio class. Basic moves from bellydancing put to great hip-hop and pop music with easy choreography that anyone can follow!

Cardio Circuit: Variety is the name of the game in this exciting cardio class. You never know what to expect as every cardio circuit class will use a variety of stations to challenge your cardiovascular endurance and give a great calorie burn!

Cardio Kickboxing: A full-body, high-energy cardio workout that offers a variety of cardiovascular benefits. Combos incorporate kicks and punches as well as traditional aerobics moves to offer a fun and exciting workout.

Chisel/Muscle Conditioning: These classes strengthen the muscles of the entire body (including the core) using the body's own weight as functional resistance or props such as stability balls, resistance bands, straps, hand weights and more. You may have heard that you should resistance train. This is your chance!!!

Core Cardio: Strengthen the muscles of the core (abs, glutes, back, and hip flexors) while getting a cardiovascular workout through the use of Reebok Core Boards, fit balls, resistance equipment and more.

Core Conditioning: This class focuses on training the muscles of the core (abs, glutes, back, and hip flexors) through the use of Reebok Core Boards, fit balls, resistance equipment and more.

Indoor Cycling: This cycling class includes a warm-up, intense cardiovascular training and cool down. Experience exhilarating interval sessions that simulate sprints, climbing hills, mountain biking, time trials, and fast flats. No experience is needed; class offers a great workout for all fitness levels.

Step: Using adjustable Reebok steps to increase choreographed movement intensity, this class is a fantastic cardiovascular endurance class for all fitness levels. No experience necessary!

Sunrise Spin: This cycling class is a great way to wake up in the morning. Ride that sleepiness away through your warm-up, spinning sprints and hills, fast flats and cool-down so that you are refreshed and ready to transition into your day.

Training Camp: If you want a great workout without fancy choreographed steps, this class is for you! This high-intensity class will challenge you through a variety of drills, calisthenics, plyometrics, strength and stability training exercises for an incredible total body workout!

Zumba®: Zumba® is a Latin dance inspired aerobic workout for all fitness levels. This class feels more like a party than a workout, but after an hour of this class you will know you did plenty of work! *PLEASE NOTE: It is STRONGLY recommended to wear either dance shoes or shoes with minimal traction (i.e. not cross trainers) for this class, to allow for effective movement and protect the knee.

PLEASE leave personal belongings (coats, bags, etc.) in a locker to leave more space for class. Towels & locks can be checked out for FREE at the SRC Service Counter.

HANDWRAPS are recommended for classes that use punching bags. For your convenience, hand wraps can be purchased at the service desk at a discount when purchasing your fitness pass.

CYCLING PARTICIPANTS: Please arrive a few minutes early for bike fitting. Bikes accommodate cycling shoes, but shoes must be put on and removed while on the mats in SRC 252 to protect the floors.

ACCESSIBILITY: Reasonable accommodations are available with adequate prior notification. Please contact Joanne Greene at 335-9669.



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Fitness Passport Session II: Only \$43/7 weeks!
 PICK 2 SPECIAL: Add a Mind/Body or Gravity class to your passport and receive \$10 off AND your choice of a yoga bag or a Cougs ♥ Fitness t-shirt (while supplies last)! *Both items must be for the same person, for the same session. If classes are purchased online, bring proof of purchase to SRC to receive item.

Conditioning Center (Hollingbery Fieldhouse 201, Above the ORC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Core Conditioning 12:20-1:00 PM <i>Tasia</i>	Step Conditioning 5:30 – 6:45 PM <i>Alyssa</i>	Core Conditioning 12:20-1:00 PM <i>Tasia</i>	Step Conditioning 5:30 – 6:45 PM <i>Alyssa</i>		

Student Recreation Center 252

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sunrise Spin 6:15-7:15 AM <i>Ken</i>	AM Cycling 6:00-7:00 AM <i>Nicole H.</i>	Sunrise Spin 6:15-7:15 AM <i>Joanne</i>	AM Cycling 6:00-7:00 AM <i>Nicole H.</i>	Sunrise Spin 6:15-7:15 AM <i>Ken</i>	Saturday Cycling 9:15-10:30 AM <i>Varies</i>
	Express Cycling* 4:55-5:25 PM <i>Christa</i>	Beginning Cycling 5:50-6:20 PM <i>Tasia</i>	Express Cycling* 4:55-5:25 PM <i>Christa</i>	Beginning Cycling 5:50-6:20 PM <i>Tasia</i>	Friday Night Ride 5:35-6:35 PM <i>Alison</i>	
*Sign up for Shift n' Lift PM from 5:35-6:35 PM and get the ultimate cycling/strength training workout when you take the classes back to back!		TTh Indoor Cycling 6:25-7:25 PM <i>Tasia</i>		TTh Indoor Cycling 6:25-7:25 PM <i>Tasia</i>		

Student Recreation Center 256

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Kickboxing 6:15-7:15 AM <i>Melissa B.</i>		Cardio Kickboxing 6:15-7:15 AM <i>Melissa B.</i>		Cardio Kickboxing 6:15-7:15 AM <i>Melissa B.</i>	Saturday Zumba® 10:15-11:15 AM <i>Kayla</i>
	BOSU® Circuit 4:20-5:20 PM <i>Ken</i>	Zumba® Express 12:10-12:50 PM <i>Aletha</i>	BOSU® Circuit 4:20-5:20 PM <i>Ken</i>	Zumba® Express 12:10-12:50 PM <i>Aletha</i>	Cardio Circuit & Abs 3:30-4:30 PM <i>Jessica/Tasia</i>	
Step 5:25-6:25 PM <i>Alyssa</i>	Zumba® 5:30-6:30 PM <i>Jourdan</i>	Cardio Kickboxing 5:30-6:30 PM <i>Cheryl</i>	Zumba® 5:30-6:30 PM <i>Jourdan</i>	Cardio Kickboxing 5:30-6:30 PM <i>Cheryl</i>		Abs Blast 11:25-11:50 AM <i>Kayla</i>
BOSU® Core 6:30-7:10 PM <i>Alison</i>	Abs Blast 6:35-7:00 PM <i>Jourdan</i>	Zumba® 6:35-7:35 PM <i>Maddy</i>	Abs Blast 6:35-7:00 PM <i>Jourdan</i>	Zumba® 6:35-7:35 PM <i>Maddy</i>		
Sunday Night Zumba® 7:20-8:20 PM <i>Maddy</i>		Abs Blast 7:40-8:05 PM <i>Maddy</i>		Abs Blast 7:40-8:05 PM <i>Maddy</i>		

A Fitness Passport does not provide access to the SRC for Non-Members. Participants must gain access to the SRC through a membership, SRC Guest/Day pass, or SRC punch card. Classes on the Fitness Passport are subject to change or in rare cases, cancellation.