SuRF Center Group Fit

Student Schedule: Aug. 27-Nov.30

Fall 2012

Monday

Times	Class	Location	Instructor
6:00-7:00 pm	C^2: Cycle & Core	SuRF Basketball #2	Samantha
7:00-8:00 pm	Butts & Guts	SuRF Tennis #3	Mary
8:00-9:00 pm	Zumba®	SuRF Tennis #3	Jacqueline

Tuesday

Times	Class	Location	Instructor
6:00-7:00 pm	Yoga	Sienna Terzo Lounge	Beth
7:00-8:00 pm	Hard Core Conditioning	SuRF Tennis #3	Saundra
8:00-9:00 pm	Turbo Kick®	SuRF Tennis #3	Anita

Wednesday

Times	Class	Location	Instructor
6:00-7:00 pm	C^2: Cycle & Core	SuRF Basketball #2	Samantha
7:00-8:00 pm	Butts & Guts	SuRF Tennis #3	Mary
8:00-9:00 pm	Zumba®	SuRF Tennis #3	Anita

Thursday

Times	Class	Location	Instructor
6:00-7:00 pm	Yoga	Sienna Terzo Lounge	Jennifer
7:00-8:00 pm	Power Pilates	SuRF Tennis #3	Shannon
8:00-9:00 pm	Turbo Kick®	SuRF Tennis #3	Anita

Friday

Times	Class	Location	Instructor
3:00-4:00 pm	HIIT IT	SuRF Tennis #3	Stacy

Saturday

Times	Class	Location	Instructor
10:00-11:00 am	Zumba	SuRF Tennis #3	Amanda

BELLARMINE UNIVERSITY

http://www.bellarmine.edu/studentaffairs/recreationcenter/

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Butt & Gut Cardio
Get your rear in gear and tone your tummy! This effective class utilizes a variety of strength exercises and equipment to give you the ultimate butt and gut workout while improving your cardiovascular fitness.

Corepower Yoga
This vinyasa class helps to strengthen, balance, and detoxify the body and mind. This flow class focuses on coordinate body movements with the breath while strengthening the core.

C2: Cycle & Core
Get the best of both worlds! Burn calories as you cycle through a series of intervals, hills, and sprints. Complete your workout with intense core and tummy exercises that will firm up your mid section.

Hard Core Conditioning
This ultimate strength workout never has a dull moment! Burn calories and tone your body through intense total body core strength exercises. Get ready for an exciting class that is guaranteed to challenge your body!

HIIT IT
Fire up your metabolism and intensify your workouts with High Intensity Interval Training. Alternate longer duration high intensity cardio and strength intervals with short rest intervals for a sweaty and calorie crushing workout!

Pilates
Strengthen your spinal muscles, tone abdominals, and improve posture through series of controlled and flowing Pilates exercises. Relieve physical and mental stress while focusing on coordination of the body, mind, and spirit.

Power Pilates
Power up your workout with challenging exercises that integrate movements aimed at improving core strength, enhancing posture, and strengthening the spine. Focus will be placed on abdominal and lower back conditioning.

Turbokick ®
This action packed interval based class is an effective cardiovascular workout that burns calories! Move and groove with kickboxing, sports drills, and simple dance moves that allow all fitness levels to participate in a fun and exciting workout!

Vinyasa Yoga
Vinyasa Yoga focuses on coordinating breathing and movement through series of yoga poses. From beginner to experienced, this class will find poses to challenge the body and mind in one invigorating hour.

Zumba® JOIN THE PARTY! Motivating Latin/International music is combined with fun moves letting you dance away your worries. Cardio interval training is used in combination with fast and slow rhythms that will help tone and sculpt your body.

Policies

- Classes on this schedule are for current BU students only.
- All Participants must sign in at the beginning of class.
- Bike and equipment availability is based on a first come first serve basis.
- Classes may be cancelled due to demand, low attendance, or schedule conflicts.
- Members may

Holidays/Breaks: Classes will not meet on the following dates:

- Labor Day: September 3
- Fall Break: October 15-16
- Thanksgiving Break: November 21-23