



# Group Fitness Schedule

Fall 2009 September 14 - December 18

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Spin & Core**  
6:30-7:30 am  
Rod  
*Room 135*

**Spin & Core**  
6:30-7:30 am  
Rod  
*Room 135*

**Pump & Tone**  
6:45-7:45 am  
Megan

**Butts & Guts**  
6:45-7:45 am  
Alysha

**Pilates**  
6:45-7:30 am  
Molly

**Functional Fitness**  
11:00-11:45 am  
Claire/Alysha

**Functional Fitness**  
11:00-11:45 am  
Alysha

**Cardio Blast**  
12:05-12:55 pm  
Sara

**Pilates Power Hour**  
12:05-12:55 pm  
Molly  
  
**Yoga Inspired Stretch**  
12:10-12:45 pm  
Rod  
*Room 135*

**Cardio Blast**  
12:05-12:55 pm  
Trista

**Step**  
12:05-12:55 pm  
Laura  
  
**Yoga Inspired Stretch**  
12:10-12:45 pm  
Rod  
*Room 135*

**Pump & Tone**  
12:05-12:55 pm  
Trista

**Step**  
2:00-2:45 pm  
Nicole/Heather

**Med Ball**  
2:00-2:45 pm  
Sara/Megan

**Pump & Tone**  
2:00-2:45 pm  
Nicole

**Pilates**  
2:00-2:45 pm  
Sara/Kelsey

**Cardio Blast**  
2:00-2:45 pm  
Shannon P

**Power 3-2-1**  
3:00-3:50 pm  
Ranae

**Kickboxing**  
3:00-3:50 pm  
Heather

**Butts & Guts**  
3:00-3:45 pm  
Nicole

**Butts & Guts**  
4:00-4:45 pm  
Molly

**Step**  
4:00-5:00 pm  
Laura

**Molly's Mixer**  
4:00-4:45 pm  
Molly  
  
**Aqua Fit**  
4:30-5:30 pm  
Claire/Sara  
*Pool*

**first  
week  
FREE**

**Latin Mix**  
5:00-6:00 pm  
Amanda/Shannon P  
  
**Spin & Core**  
5:00-6:00 pm  
Britney/Kelsey  
*Room 135*

**Yoga**  
5:30-6:30 pm  
Shannon G

**Step**  
5:00-6:00 pm  
Linda/Shannon P  
  
**Spin & Core**  
5:00-6:00 pm  
Britney  
*Room 135*

**Pump & Tone**  
5:30-6:30 pm  
Claire

**Sunday Mixer**  
4:00-5:00 pm

**Step**  
6:15-7:15 pm  
Justine

**Yoga**  
6:15-7:15 pm  
Kelsey/Ranae

# Group Fitness

The group fitness program is for both UMD folks and community. **The first week is FREE! Classes start September 14, 2009** and continue to the end of the semester. Watch for our special finals week schedule. All of our instructors are nationally certified and highly motivated.

A Group Fitness Pass is required for participation. Passes can be purchased in SpHC 153.

*\$50 Full-Time Students and Part-Time Students with a Facility Pass*

*\$60 Part-Time Students w/o Facility Pass*

*\$60 Faculty & Staff w/ Facility Pass*

*\$65 Faculty & Staff w/o a Facility Pass*

*\$80 Others*

Classes meet in SpHC (Gold room) unless indicated otherwise. No Refunds. \$5 fee for lost passes.

**Aqua Fit** Full body workout in the pool.

**Butts & Guts** Strengthen and firm glutes and abs in this focused toning class.

**Cardio Blast** Combined cardio exercises - hi/low, step and Bosu work.

**Functional Fitness** Beginner to intermediate exercise class. Basic movements, core training, stretch.

**Kickboxing** This is a non-contact kickboxing class utilizing basic kicks and punches. Designed as a total body workout, this class will make you sweat!

**Latin Mix** An aerobic exercise class based on Latin-inspired dance moves and Salsa. Easy to learn & fun to do!

**Med Ball** Strengthen core, increase flexibility, and improve tone using a weighted med ball.

**Molly's Mixer** Strength & cardio based class targeting abs, butts, upper body, and cardio intervals.

**Pilates** Strengthen core, gain stability, increase flexibility.

**Power 3-2-1** Three minutes of cardio, two minutes of strength training, one minute of core conditioning. Repeat.

**Pump & Tone** Weight train to music.

**Spin & Core** Spinning and core conditioning. All skill levels welcome.

**Step** Choreographed step routines, core conditioning, stretch.

**Yoga** Yoga postures designed to strengthen, lengthen the muscles and destress the mind. All skill levels welcome.

**Yoga-Inspired Stretch** Stretch, relax, and learn some beginning yoga postures. All skill levels welcome.