

Zest for Life Fall 2009 Fitness Schedule

Aqua Aerobics

***Classes held at Gabel Pool in Lawson Ice Arena**

Monday	Tuesday	Wednesday	Thursday	Friday
12:05-12:55 p.m. Deep Aqua Sarah	12:05-12:55 p.m. Shallow Aqua Sara T	12:05-12:55 p.m. Deep Aqua Sarah	12:05-12:55 p.m. Shallow Aqua Sara T	
<i>Free of charge!</i>				

SRC Fitness Classes

***Classes held in SRC Aerobics room FREE to faculty & staff!**

Sunday	Monday	Tuesday	Wednesday	Thursday
	30/30 12:05-12:55 p.m. Chrisanna		AM Express 7-7:45 a.m. Bre	
7:30-8:30 p.m. Yoga Gena	Kickboxing 5:10-6:10 p.m. Kelly	12:05-12:55 p.m. Pilates Gena	12:05-12:55 p.m. Yoga Gena	12:05-12:55 p.m. PiYo™ Gena
				5:20-6:20 p.m. 30/30 Bre

**Classes held in the SRC aerobics room require an SRC membership. To inquire about memberships call 387-3115.*

Additional scheduled classes do require minimal fees.

AM Express Engage your total body in multiple exercises that focus on upper and lower body weight training high and low intensity cardio, abdominal and lower back strength moves.

30/30 A great total body workout giving you 30 minutes of toning with 30 minutes of aerobics. This workout utilizes a variety of equipment.

Kickboxing Get fit with a 1, 2 punch! A power packed cardio workout that will help you jump, jab, and kick your way into a new level of fitness.

Pilates This class enhances the fundamentals of core body strength and stabilization as it applies to movement. Appropriate for all fitness levels.

PiYo™ PiYo is an up tempo, non-spiritual approach to mind/body exercise. This unique format combines Yoga, Pilates, strength conditioning, flexibility and dynamic balance.

Yoga A holistic combination of physical and mental exercises that will help you become or stay fit while increasing strength and flexibility and reducing your stress level.

