**CLASS DESCRIPTIONS**

**Mind and Body**

**ALL LEVEL YOGA**
Based on the principles of Hatha Yoga, you will blend balance, strength, flexibility, and power in a fitness format. Appropriate for all fitness levels.

**BELLY DANCE**
Learn a solid foundation of modern cabaret and Middle Eastern dance steps like postures, isolations, and shimmies. Appropriate for all fitness levels.

**Belly Dance**
Learn a solid foundation of modern cabaret and Middle Eastern dance steps like postures, isolations, and shimmies. Appropriate for all fitness levels.

**KICKBOXING**
You will develop skills in self defense. Learn effective techniques in applying punches, kicks, knees and elbows. For All fitness levels.

**MIXXEDFIT**
The biggest dance fitness since Zumba, and we are the first University to offer it. Mixxedfit is a people-inspired dance format that incorporates intense dance moves and easy to follow choreography as well as always having the freshest music.

**Dance**

**BELLY DANCE**
Learn a solid foundation of modern cabaret and Middle Eastern dance steps like postures, isolations, and shimmies. Appropriate for all fitness levels.

**SPINNING**
Low impact but demanding cycling drills offer an exhilarating cardiovascular workout. Challenging interval sprints will improve muscle strength and endurance. Appropriate for all fitness levels.

**SPIN & STRENGTH**
Thoroughly warm the body through cycling drills followed by an off the bike strength training experience. Appropriate for all fitness levels.

**AQUA ZUMBA**
A fusion of international and Latin music creates a dynamic, exciting and effective fitness program. Appropriate for all fitness levels.

**AQUA ZUMBA**
Kickboxing meets Hip Hop! Kick, punch, and groove your way through this intense cardio workout. This class will push your cardiovascular system. Appropriate for all fitness levels.

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**KETTLEBELL TRAINING**
you will learn how to use this one exercise tool that will get you in the best shape ever. you'll be amazed how this will enhance your other exercise routines. learn hard skill while dramatically improving your fitness.

**WOMEN ON WEIGHTS**
This is a free class. You will learn progressive weight training methods, and the fundamentals and principles to follow for safe and effective strength training outcomes. You'll have better understanding of general etiquette allowing you to feel more confident and empowered to participate independently. Meet in weight room. Appropriate for all fitness levels.

**CLASS TIMES**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>ROOM</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALL LEVEL YOGA</strong></td>
<td>4:00-4:55p</td>
<td>T/Th</td>
<td>222a</td>
<td>Adrienne</td>
</tr>
<tr>
<td></td>
<td>6:00-6:55p</td>
<td>T/Th</td>
<td>222a</td>
<td>Megan</td>
</tr>
<tr>
<td></td>
<td>11:00-11:55a</td>
<td>Sat</td>
<td>201b</td>
<td>Adrienne</td>
</tr>
<tr>
<td></td>
<td>5:15-6:10p</td>
<td>Sun</td>
<td>201b</td>
<td>TBA</td>
</tr>
<tr>
<td><strong>BELLY DANCE</strong></td>
<td>7:30-8:25p</td>
<td>Sun</td>
<td>201b</td>
<td>Gretchen</td>
</tr>
<tr>
<td><strong>CORE TRAINING</strong></td>
<td>7:30-8:25p</td>
<td>Sun</td>
<td>201b</td>
<td>Gretchen</td>
</tr>
<tr>
<td><strong>KETTLEBELL TRAINING</strong></td>
<td>4:00-4:55p</td>
<td>T/Th</td>
<td>222a</td>
<td>Josh</td>
</tr>
<tr>
<td><strong>KICKBOXING</strong></td>
<td>7:10-8:05p</td>
<td>T/Th</td>
<td>222a</td>
<td>Josh</td>
</tr>
<tr>
<td><strong>SPINNING</strong></td>
<td>7:00-7:55a</td>
<td>M/W/F</td>
<td>222a</td>
<td>Mikayla</td>
</tr>
<tr>
<td><strong>SPIN &amp; STRENGTH</strong></td>
<td>5:00-5:55p</td>
<td>T/Th</td>
<td>222a</td>
<td>Lauren</td>
</tr>
<tr>
<td><strong>SYNRGY 360 CIRCUIT TRAINING</strong></td>
<td>4:00-4:55p</td>
<td>T/Th</td>
<td>Cardo West</td>
<td>Elliott</td>
</tr>
<tr>
<td><strong>MOVEMENT TRAINING</strong></td>
<td>6:00-6:55p</td>
<td>M/W</td>
<td>222a</td>
<td>Anne/Ryan</td>
</tr>
<tr>
<td><strong>TURBO KICK</strong></td>
<td>7:00-7:55p</td>
<td>M/W</td>
<td>201b</td>
<td>Erin</td>
</tr>
<tr>
<td><strong>VIKING FITNESS</strong></td>
<td>7:00-7:55a</td>
<td>M/W/F</td>
<td>MAC gym</td>
<td>Erica/Zach/Justin</td>
</tr>
<tr>
<td><strong>ZUMBA</strong></td>
<td>6:00-6:55p</td>
<td>M/W</td>
<td>201b</td>
<td>Susanina</td>
</tr>
<tr>
<td><strong>AQUA ZUMBA</strong></td>
<td>7:00-7:55a</td>
<td>T/Th</td>
<td>POOL</td>
<td>Ryan</td>
</tr>
<tr>
<td><strong>AQUA FITNESS</strong></td>
<td>5:00-5:50p</td>
<td>M/W</td>
<td>POOL</td>
<td>Jen</td>
</tr>
<tr>
<td><strong>MIXXEDFIT</strong></td>
<td>5:00-6:55p</td>
<td>T/Th</td>
<td>201b</td>
<td>Kristen</td>
</tr>
<tr>
<td><strong>FREE CLASSES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ZUMBA</strong></td>
<td>1:00-1:45p</td>
<td>M/W/F</td>
<td>201b</td>
<td>Caitlin/Kristen</td>
</tr>
<tr>
<td><strong>WOMEN ON WEIGHTS</strong></td>
<td>12:00-1:30p</td>
<td>Sunday</td>
<td>Weight room</td>
<td>Ali</td>
</tr>
</tbody>
</table>

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**Strength & Conditioning**

**AQUA FITNESS**
Low impact on the joints with high intensity conditioning drills to maximize muscular strength and conditioning. Always a refreshing experience. Appropriate for all fitness levels.

**AQUA ZUMBA**
The best time in the water since you were a kid. Low impact and a great way to progress into the regular Zumba class. Appropriate for all fitness levels.

**CORE TRAINING**
Not only will this class firm your midsection, you will also improve overall back health. Appropriate for All fitness levels.

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