Group Exercise: *Spring Exam Schedule 2016*

Studio Locations: (6) = Studio 6, (5) = Studio 5, (TRX) = Upstairs Fitness, (Cycle Classes) = Lower Commons

<table>
<thead>
<tr>
<th>TIME</th>
<th>Thursday (5/12)</th>
<th>Friday (5/13)</th>
<th>Sunday (5/15)</th>
<th>Monday (5/16)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 – 8am</td>
<td>Phoenix Fit (Jordan)</td>
<td></td>
<td></td>
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<tr>
<td>12-1pm</td>
<td></td>
<td>Shred (Cycle/5)(10)</td>
<td>Pump (6)(25)</td>
<td>Barre Fitness (5)(20)</td>
</tr>
<tr>
<td>12:30-1:15pm</td>
<td>Barre (6)</td>
<td></td>
<td></td>
<td>Gentle Yoga (6)</td>
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<tr>
<td>4-4:45pm</td>
<td>Yoga (Francis Center)</td>
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<td></td>
<td></td>
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<tr>
<td>5-6pm</td>
<td>Barre Fitness (5)(20)</td>
<td>Power Yoga (5)(20)</td>
<td>Bootcamp (6)(25)</td>
<td>Cycle (10)</td>
</tr>
<tr>
<td>5:15-6pm</td>
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<td></td>
<td></td>
<td>Hiit (Elon Church)</td>
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Class Attendance Requirements

**Campus Recreation:** Classes will be labeled in black and require a Group X sticker ($20/year) purchased at the front desk of Campus Recreation. *Open to all Phoenix Card holders.*

**Faculty/Staff Wellness:** Classes will be labeled in maroon and require a Wellness sticker ($0 / year) obtained at the Wellness Office. *Open to Faculty/Staff Only*

Group Exercise Schedule Descriptions

**Regular Schedule**

**Power Yoga:** Along with focusing on relaxing your mind and body, we’ll push you harder to increase core strength and muscular endurance.

**Yoga:** Escape from your day with a yoga class that incorporates balance, strength, flow, and relaxation poses. Use restoring breathing techniques with emphasis on protecting the spine and joints while increasing range of motion and total body strength.

**Bootcamp:** A combination of cardio training and strength training that will target your entire body.

**Cycle:** A special cycle workout designed to help you energize and increase endurance.

**Kickboxing:** An energetic full body workout that teaches basic punching and kicking skills, a great way to burn off the stress of the day.

**Pump:** A power hour of weight training that will strengthen and sculpt all the major muscle groups. Cater the workout to your level with your choice of weights and be inspired by heart pumping music and great instructors to get the results you came for – and fast!

**Shred:** This combination class of cycle, cardio, and ab work has you sweating and shredding tons of calories in just one hour.

**Barre Fitness:** Come test your muscular endurance with the hottest new craze.
Faculty/Staff Wellness Class Descriptions

Regular Schedule

Yoga and Gentle Yoga: (Instructor Mary Wilson) Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

HiIT High Intensity Interval Training: (Instructor Shannon Wiggins) HiIT is a form of interval training that involves short intervals of maximum intensity exercise separated by low to moderate intensity exercise. For example, you may do 20 seconds of jumping jacks then 20 seconds of lunges. Don’t let the name scare you away! You’ll be shown modifications for any exercise you cannot perform. No matter your age, size or shape – anyone can do this work out.

Phoenix Fit: (Instructor Liz Bailey) Phoenix Fit is a fitness program offered by Wellness and administered by faculty from the Departments of Physical Therapy Education (DPTE) and Health & Human Performance (HHP). Elon graduate and undergraduate students will also assist in delivery of the program. Participants will walk or run in Jordan gym and will participate in stretching and strengthening exercises. The program will offer a convenient and fun group environment for exercise, health education, and support for behavior change. Notify Wellness to participate. 5569

Lifting with Liz: (Instructor Liz Bailey) No special equipment or clothing is required for this class and you begin with weights you are comfortable using. You can stay for 35 minutes or an hour to get the full body workout that is right for you. Exercises learned in class are easy to do, and can even be done at home with minimal equipment. If done regularly with weights that are challenging for you, these exercises can increase your strength, bone density, and muscle mass. Close supervision in class insures that any risks from using weights are minimized and the program is right for you!

Barre: Barre workouts differ slightly in structure, most methods incorporate exercises done at a ballet barre (you can use the back of a chair) combined with elements of ballet, Pilates, and yoga. Barre exercises rely mainly upon one’s bodyweight for resistance, and the moves challenge your core stability and balance. While many barre methods offer introductory classes for beginner students, most barre classes are considered multi-level and are appropriate for a variety of fitness levels and body sizes. The class will be set to upbeat music (to keep you motivated), and will begin with a warm up and a sequence of upper-body exercises to include push-ups and planks. We then move on and target the upper body focusing on bicep, tricep, shoulder, chest and back muscles using light weights. Then we move into a series of barre or floor exercises that focus on the lower body - thighs, glutes, and hips. We finish with Pilates abdominal exercises followed with stretches.