



Group Exercise Schedule: Winter Term 2018

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Sunday
6-8am		Phoenix Fit (Jordan Gym)		Phoenix Fit (Jordan Gym)	
10am – 11am	HIIT (Hanna)(6)(25)				
12pm-1pm	Pilates (Lydia)(6)(25)		Power Yoga (Lydia)(6)(25)		
12:30pm-1:15pm		Pilates (6) *45min		Barre (6) *45min	
2:30pm – 3:30pm					Yoga (Lara)(6)(25)
3:15pm-4:15pm					Barre (Dara)(5)(20)
5:15-6:15pm	Kickboxing (Lara)(5)(20)	Kickboxing (6)(25)	Yoga (Lara)(6)(25)	Pilates (Megan)(6)(25)	
5:30pm – 6:30pm	Zumba (Noor)(6)(25)	Cycle (Noor)(10)	Barre (Megan)(5)(20)	Shred (Hanna)(5)(10)	
6:45pm-7:45pm	Barre (Elyse)(5)(20)	Cardio Hip Hop (Megan)(6)(25)	TBC (Noor)(6)(25) Cycle (Elyse)(10)	Barre (Dara)(5)(20)	

*Winter Term EXAM Schedules will be posted on IMLeagues

**Due to the academic class schedule being altered on January 3 – 5th, our classes will also vary slightly that day. Updated times will be posted on IMLeagues

Class Attendance Requirements

Campus Recreation: Classes will be labeled in black and require an account with Reclt Fitness AND a Group X sticker (\$20/year) purchased at the front desk of Campus Recreation. The NEW Reclt Fitness account will allow you to pre-register for classes up to 24hours in advance to secure your spot. Campus Recreation classes will continue from **January 3rd to January 22th**.

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. Fac/Staff Wellness Winter Term classes will continue from January 2nd through 26th. Spring semester classes will begin January

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.

Barre Fitness: Come test your muscular endurance with the hottest new craze.

Total Body Conditioning: A combination of classes that will add variety of cardio training and strength training that will target your entire body. The class style might switch up week to week but the focus of total body will remain the same.

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

HIIT: HIIT is a form of interval training that involved short intervals of maximum intensity exercises separated by low to moderate intensity exercises.

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

Cardio Hip Hop: A great cardio workout by dancing to some great hip-hop hits! Come to this class to learn fun choreography and dance moves that will make you break it down while breaking a sweat!

Zumba: Ditch the workout and join the party! Latin dance inspired choreography, passion for moving, and sweating your heart out!

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

Pilates: A body conditioning routine that builds flexibility, strength, and endurance.

Wellness Schedule 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. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and perfect the alignment of the pose. Monday's class is a gentler version of Wednesday's class.

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

Barre: While all 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. Barre workouts are designed to help an individual achieve a "dancer's body" — strong, sleek, and streamlined. 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.

Pilates: (Instructor Shannon Wiggins) Pilates is a body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the "core" or "powerhouse" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

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 Thanks,

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