

# Spring 2018 Fitness Class Schedule

	MON	TUES	WED	THURS	FRI
9:00 AM					Group Strength Room 207 - JC
11:00 AM	Open Fitness Room 209 – JC  Kickboxing MPC – AR	Zumba Room 209 – JC  Indoor Cycling Room 114 - AR	Open Fitness Room 209 – JC  Kickboxing MPC – AR	Zumba Room 209 – JC  Indoor Cycling Room 114 - AR	Zumba Room 209 – JC
12:00 PM	Group Strength Room 207 – JC		Group Strength Room 207 – JC		
5:30 PM	Queenax (6PM) Loft Area – JE	Yoga Room 209 – JE	Queenax Loft Area – JE	Yoga Room 209 – JE	

Fitness classes are 50 minutes long.

\$4 drop in fee for classes. Ask front desk about new punch pass options!

## Instructors

Angie Rios – AR	Julia Culton - JC	JE – Julianne Edwards
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# Class Descriptions

## **Kickboxing**

Knockout boredom with this killer full body workout. This class combines punches, kicks, circuit drills, and body weight exercises into a high intensity workout.

## **Group Strength**

This barbell and bench workout strengthens your entire body using exercises like presses, curls, and squats. Your choice of weight allows you to customize your workout to reach your fitness goals!

## **Indoor Cycling**

This is a great workout to build your power and endurance. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome and bring a water bottle and towel. You will need them!

## **Open Fitness**

If you like to change up your routine, then this is the class for you. Anything goes, from Zumba to Strength training and Queenax workouts. Your instructor will be sure to mix things up for you!

## **Queenax**

This multi-purpose training system will be your new addiction! You will use battle ropes, sand bells, suspension straps, and your body to improve your functional fitness.

## **Yoga**

This class will flow you through various poses that are synchronized with your breathing. This leads to improved flexibility, body awareness, and a calm mind. Props and modifications for proper alignment will be offered to accommodate all levels.

## **Zumba**

Come dance your way into shape with this Latin-inspired dance fitness class. Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries.

# Fitness Pass Options

- Student Members of the SWRC have the following options for fitness passes
  - Drop in - \$4
  - 10 Punch Pass - \$ 30
  - 20 Punch Pass - \$55
  - Semester Unlimited (through May 11) - \$75
- Non-Student Members of the SWRC have the following options for fitness passes
  - Drop in - \$4
  - 10 Punch Pass - \$35
  - 20 Punch Pass - \$65
  - Semester Unlimited (through May 11) - \$90
- Community Members (non-members) have the following options for fitness passes ONLY
  - Drop in - \$10
  - 10 Punch Pass - \$60
  - Semester Unlimited - \$120
  - Community members are allowed in the facility for fitness classes only.