

Group Exercise



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10 - 7:00 a.m.	Cycle - Carlo	Cycle - Carlo	Cycle - Tammy	Boot Camp - Noelle	Cycle - Alice
9:00 - 9:45 a.m.	Yoga - Jacque		Pilates - Jacque		Yogalates - Jacque
12:10 - 1:00 p.m.	Pilates - Jan	Yoga - Anne	Boot Camp - Stephanie	Restorative Yoga - Anne	Stretch & Release Jessica
12:10 - 1:00 p.m.	TNT - Tammy	Cardio Dance - Noelle	Cycle - Francie		Cycle - Lindsay
4:10 - 5:00 p.m.	TNT - Angela	Zumba - Fanchee	Boot Camp - Noelle	Shift & Lift Cycle - Angela	FALL 2009 GROUP EX August 24th through December 16th FREE WEEK: August 24th - August 30th NO CLASSES Labor Day Weekend: September 5th-7th Fall Break: October 10th - October 13th Thanksgiving: November 25th - November 29th
5:05 - 5:25 p.m.	Abs - Stephanie	Abs - Stephanie	Abs - Adrienne	Abs - Angela	
5:30 - 6:00 p.m.	Lower Body Blast - Monica		Upper Body Blast - Monica		
5:30 - 6:20 p.m.			Yoga - Adrienne	Hi / Low - Megan	
5:30 - 6:20 p.m.		Water Aerobics - Patty		Water Aerobics - Jill	
6:10 - 7:00 p.m.	Step - Lane	TNT - Lane	Step - Lane		
6:10 - 7:00 p.m.	Cycle - Francie		Cycle - Tambre		
6:30 - 7:00 p.m.		Stress Management Anne		Stress Management Anne	
7:10 - 8:00 p.m.		Yoga - Anne		Yoga - Anne	
7:10 - 8:00 p.m.	Hip Hop - Stephanie	Boot Camp - Monica	TNT - Jessica	Hip Hop - Stephanie	

	SATURDAY	SUNDAY
9:30 - 10:30 a.m.	Rise & Shine Yoga Mary Elizabeth	
10:00 - 10:45 a.m.	Boot Camp - Natasha	
4:10 - 5:00 p.m.		Cardio Dance - Noelle

PRICES

ALL-CLASS PASS	\$80
MIND & BODY PASS	\$40
CYCLE PASS	\$40
10-CLASS PASS	\$30
WATER AEROBIC PASS	\$20

- (Cycle Studio)
- (Rippit Studio)
- (Mind & Body Studio)
- (Diving Well)

*Group Exercise Pass & TCU ID required for admittance for all classes.



Abs

Who doesn't want a solid core? Here we will work on the entire core, which includes not only your abdominal muscles, but your back muscles as well. This class will teach you proper breathing and technique so that you can get the results desired.

Boot Camp

This boot camp inspired workout will get your heart pounding and your muscles working. Ready for a challenge? This class is for you.

Cardio Dance

A Fusion of cardio, dance, and great music. Every BODY is welcome!

Cycle

This energy-packed class emphasizes intervals, drills, and race-day style indoor cycle workouts that are sure to "spin" you into shape! Come prepared with water and a towel because this class will definitely make you sweat.

Hi/Lo

High intensity cardio meets low impact. Your heart and joints will thank you!

Hip Hop

Get your heart pumping as you move and groove to the beat.

Lower Body Blast

Tone those glutes and thighs in just 30 minutes! This class is sure to whip that lower body into shape in no time. Perfect for those with limited time in the gym!

Pilates

This class is based on the principles of core strength and stabilization as created by Joseph Pilates. Pilates is an all-encompassing mind, body, and spirit exercise - a whole approach philosophy that is often shared with other techniques such as yoga and tai-chi.

Restorative Yoga

Restore your mind and body to a place of peace and serenity using gentle yoga poses.

Rise & Shine Yoga

You won't want to sleep through this yoga class! Designed to challenge the body yet refresh it for the weekend. This class offers the perfect start to any weekend!

Shift & Lift Cycle

Sculpt and tone while you cycle.

Step

Step into shape with heart-pumping combos and defining moves!

Stress Management

Relax and renew through meditation and focusing on the breath.

Stretch & Release

Soothe away tension and tightness while you lengthen and stretch your muscles.

TNT (Tone-N-Tighten)

This is the ultimate resistance training workout. It will utilize dumbbells, body bars, tubing, and bands for a full body burn.

Upper Body Blast

Tone up that upper body in just 30 minutes of strength training! This class uses a variety of equipment to sculpt biceps, triceps, shoulders and more. Perfect for those on a busy schedule!

Yoga

Perform a series of sun salutations, back bends, forward bends, inversions, twists, and hip openers to lengthen and strengthen your mind and body.

Yogalates

Release stress from your body and mind through a yoga and pilates fusion.

Water Aerobics

Enjoy less impact on the joints, perfect for those just beginning an exercise program or those who regularly exercise. Move at your own pace as the instructor provides a variety of movements. Water Aerobics will give you a complete aerobic & resistance training workout in the water!

Zumba

Zumba is a mix of Latin and International dancing! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

