



GROUP EXERCISE SUMMER 2017

May 30 - August 6

	MON	TUE	WED	THU	FRI
6:15 AM		Cycle AFC C Sue			
6:15 AM		Barre Connect AFC MP 2 Jen R	Barre Connect AFC MP 2 Grace	Cycle Strength & Core NGRC C Sue	
6:30 AM - 9:30 AM	Mysore Ashtanga Yoga <i>Come for part of this session and stay as long as your schedule allows.</i> NGRC MP 3				Mysore Ashtanga Yoga Led Class 6:30 AM - 7:30 AM NGRC MP 3
12:00 PM	Cycle 45 AFC C Berkley	Yoga Flow AFC MP 1 Kelsey K	Vinyasa Yoga AFC MP 1 Tracey	Yoga Flow AFC MP 1 Mary Lewis	Cycle 45 AFC C Amanda C
12:00 PM	Yoga Flow NGRC MP 3 Annie R	Core Strength NGRC MP 3 Melissa P	Yoga Flow NGRC MP 3 Mary Lewis		Vinyasa Yoga NGRC MP 3 Tracey
4:30 PM				Cycle AFC C Maira	
5:15 PM	Barre Connect AFC MP 2 Hillary	Cycle AFC MP C Nicole			
5:45 PM	Ashtanga Yoga NGRC MP 3 John		Yoga Flow 45 NGRC MP 3 Kelsey K	Yoga Flow NGRC MP 3 Charlotte	Cycle AFC C Sue
5:45 PM	Gentle Yoga AFC MP 1 Yuliya	Ashtanga Yoga AFC MP 1 John	Gentle Yoga AFC MP 1 Yuliya	HIIT 45 AFC MP 4 Courtney	
5:45 PM	HIIT 45 AFC MP 4 Maira		Core Strength 45 AFC MP 4 Courtney		
6:45 PM	Pilates NGRC MP 3 Grace	Barre Connect NGRC MP 3 Grace	Pilates NGRC MP 3 Jen R		
6:45 PM		Zumba® AFC MP 2 Melissa S	30/2010 AFC MP 2 Melissa S		

	SAT	SUN
10:00 AM	Gentle Yoga NGRC MP 3 Yuliya	9:00 AM-12:00 PM Mysore Ashtanga Yoga NGRC MP 3
4:30 PM		Rotation Class AFC MP 1 or 4
5:45 PM		Rotation Class AFC MP 1 or 4

MODIFIED SCHEDULES

- July 4 All Facilities CLOSED for Independence Day
- August 7-11 AFC CLOSED
- August 7-20 NO CLASSES

POLICIES

- All classes one hour unless otherwise specified.
- Classes held on first-come first-serve basis.
- Classes close after warm up has concluded (10 minutes after start of class).
- Classes and instructors are subject to change.
- ID and valid pass required for entry into classes.

GROUP EXERCISE PASS

Available to IM-Rec Sports Members and UVA Students.

Valid for Summer Group Exercise classes.

Purchase at any recreation facility, in the IM-Rec Sports Business Office (located in the AFC) or call 434-924-3791.

- Single-class: \$7
- 10-classes: \$60
- Summer Semester Unlimited: \$90
- Annual Unlimited: \$255

MYSORE ASHTANGA YOGA PASS

Available to Anyone

Valid for Mysore Ashtanga Yoga Classes

Price: \$40; pass is valid for 30 days

Purchase in the IM-Rec Sports Business Office (located in the AFC) or call 434-924-3791.



In partnership with the Contemplative Sciences Center, IM-Rec Sports is proud to offer Mysore Ashtanga Yoga and other Mind & Body classes.
www.uvacontemplation.org

Classes & instructors are subject to change.

Visit our web site for the most current class schedule: recsports.virginia.edu/gxClasses

classes offered at the
AFC = Aquatic & Fitness Center

classes offered at the
NGRC = North Grounds
Recreation Center

WHAT DO YOU THINK? We are considering going green and not printing this weekly schedule anymore. We'd be relying exclusively on our online schedule at recsports.virginia.edu/gxClasses.

Send your feedback to fitness@virginia.edu

GROUP EXERCISE CLASS DESCRIPTIONS

Classes offered vary each semester.

CARDIO, STRENGTH & DANCE CLASSES

NEW! Cize™ Live: Cize™ Live is professional dance for everyday people! Created by Shaun T, world famous choreographer and fitness trainer, Cize™ Live breaks down professionally choreographed routines step-by-step. Whether you're a beginner or an experienced dancer, this class will be the right move for you!

Ab Attack: Strong abs help contribute to overall core strength. This class has hit 'em hard abdominal work firming up transverse, obliques, and rectus abdominus. No warm-up included so be ready to work!

30/20/10: We've combined 30 minutes of intensive cardio, 20 minutes of strength training and 10 minutes of flexibility to create the perfect all-inclusive workout!

Bootcamp: This unique combination of skills and movements will supply the perfect challenge to your cardiovascular and muscular fitness in this circuit-style class incorporating calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session.

Caliente: This energizing dance-fitness based workout combines moves from African, Latin and Caribbean dance. This way of moving helps you to engage the total body, burn calories, build self-confidence and reduce stress. Join us and work up a sweat moving to the sound of invigorating and energizing rhythms. Steps are simple and easy to master for all ages and abilities—just get on up and dance!

Cycle: Enjoy a heart pumping interval cardio ride in 45 & 60 minute classes.

H.A.B.I.T: **H**ips, **A**bs/Arms, **B**ack/Buns & **I**ncredible **T**highs. Use a variety of equipment to help you strengthen and tone major muscles while increasing metabolism.

H.I.I.T: Use your time efficiently in **H**igh **I**ntensity **I**nterval **T**raining! Be prepared to work hard for short time-based intervals followed by recovery.

Turbokick®: Put basic kicks and punches to music for a fun cardio-intensive workout.

Pilates/Core Strength: Link your breath with core exercises while using a variety of equipment to increase body awareness and add challenges.

Stepped Up Intervals: A cardio class utilizing the step with minimal choreography. STEP UP your cardio and try it out!

Zumba®: Dance workout that combines a mixture of body sculpting movements and easy to follow dance moves set to a fusion international music.

Barre Connect: This class is a ballet-inspired workout combining elements of dance, pilates and functional strength. This format is a low impact workout that uses small, controlled movements and isometric holds to build strength, increase joint stability and improve balance.

Body Weight Training: We've combined intensive cardio, strength training and flexibility exercises to create the perfect all-inclusive workout!

Total Body Tone: A combination class using functional strength training and cardio. This FUN, total body workout uses light weights and high reps to strengthen and define.

AQUA CLASSES

Deep Water Running: Aqua joggers can really maximize your workout, through a combination of running drills and toning intervals to safely maintain an increased heart rate. Participants should feel comfortable in water 14' deep.

Aqua Intervals: Increase your strength, flexibility and aerobic capacity in this high energy water workout! (Swimming skills not required: water depth 4').

MIND & BODY CLASSES

Vinyasa Yoga: In this style of yoga, poses are held for a short while so they move from one pose to the next, building strength and fluidity of motion. Options are given for making each position more challenging or simpler. Connecting breathing with movement is essential to these sessions.

Yoga Flow: Classes are multi-level with options for basic and advanced variations.

Gentle Yoga: This slower-paced class will incorporate less physically demanding poses to leave you feeling relaxed, refreshed and renewed.

Yoga Flexible Strength: This class actively combines strength and flexibility into a dynamic workout. The sequence of movements is designed to counterbalance the stresses of sedentary life and promote the practical application of strength and flexibility throughout one's daily activities.

Ashtanga Yoga: Students are led through part of the primary series of Ashtanga yoga in a group class. Focus on breathing, explanation of the poses with modifications, and gazing point are all introduced. Expect to build up a sweat, while developing strength, flexibility and mindfulness. Offered in partnership with the Contemplative Sciences Center.

Beginner Ashtanga Yoga: This is perfect for every body. Learn the fundamental aspects of this invigorating system of yoga, while being guided through the traditional sequence of postures. Offered in partnership with the Contemplative Sciences Center.