

Group X Schedule Fall 2009

Effective 9/8/09

Time	MON	TUES	WED	THUR	FRI	SAT
6:00AM	Cycle	Cycle	Cycle	Cycle	Cycle	
9:00AM						Yoga
10:00AM						Zumba
11:00AM	Senior Splash		Senior Splash			
12:00PM	Water Fit	Cardio H2O		Cardio H2O		
	Cycle	Yoga	Cycle	Yoga		
5:00PM	Circuit Training	Cycle	Power Ball	Cycle	Step Strength	
	Cycle	Zumba	Water Fit	Zumba		
		NEW! Hybrid Grappling		NEW! Hybrid Grappling		
6:00PM	Mat Pilates		Step It Up	Kickboxing		
7:00PM	Zumba					

ALL water classes take place in the SRC Pool

ALL other fitness classes take place in the SRC Group X Rooms (upstairs)



CLASS DESCRIPTIONS

Circuit Training

Get the most benefit in a short amount of time. This class alternates aerobic stations and strength training stations for a powerful workout. The Cooper Institute shows that circuit training is the most time-efficient way to enhance cardiovascular fitness and muscle endurance. Check out what this workout can do for you.

Cycling

This is an intense aerobic workout on a stationary bike. Open to beginners to advanced riders, of all fitness levels. Instructor-led with themed music, come join us for a high-energy workout! Bring water bottle. If this is your first time, please come 15 minutes early so the instructor can help set the proper height for the bike.

Hybrid Grappling

Hybrid Grappling is a style of martial art that involves wrestling, joint manipulation, and throwing. This system contains elements of Judo, Brazilian Jiu-Jitsu, Greco Roman wrestling, Sambo, and Shooto. Hybrid Grappling is a terrific form of exercise and it also provides an excellent opportunity for participants to develop their physical attributes.

Questions? Contact the Recreational Sports office at (812) 237-4097.

Group X Schedule Fall 2009

All levels of practitioners may participate. While the class is progressive in nature, members can join any time. At the beginning of each class, fundamental techniques are drilled which provides a review time for advanced practitioners and also affords new people a chance to learn basic techniques. Basics of grappling will be covered as well as intermediate and advanced techniques. Classes will be conducted in a friendly and encouraging manner with emphasis on safety and respect. *(Athletic clothing and groin protection highly recommended!)*

Kickboxing

Are you looking for a total body workout that totally kicks butt? How about a way to increase your stamina, flexibility, and strength while listening to your favorite dance mixes? If this sounds good to you, try this high intensity kickboxing class for a complete workout that will keep your body moving.

Mat Pilates

A system of mat exercises originally put together by Joe Pilates. The mat series is designed to strengthen the musculature of the torso to include the waistline, lower and upper abdominals, obliques and low back. Added benefits are increased flexibility and toning of arms, chest and legs. Emphasis is on controlled breathing and correct technique. All levels welcome. For those with disc or vertebral "issues", please consult with your physician or speak with an instructor prior to starting.

Power Ball

Scratch off those extra pounds! Play to win in this class using a stability ball for core strengthening, flexibility, and balance. "Lotto-fun" incorporates weights and bands for resistance training. Hit the jackpot with this total body strengthening class.

Step It Up

This class is guaranteed to get your heart rate up and burn calories. Various step movements including knee lifts, ham curls and back leg extensions are covered. Step at an intensity that works for you!

Step Strength

This class will give you a total workout with cardio and strength training. You will not only get your heart rate up and burn calories, but you will get stronger and more toned. Steps, weights, bands and balls are used to achieve these goals.

Yoga

Increase flexibility, muscle endurance and relieve stress by taking part in this popular class. Bringing your own mat to class is recommended, as there are only a limited number of mats available.

Zumba

If you're bored with the "same old thing" in your workout, join THIS party!! This fitness craze will get you MOVING! Moves are based on Latin dance and music, including cumbia, merengue, salsa, mambo, reggaeton, flamenco, and rumba. Zumba utilizes principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Created by Beto Perez in his native Colombia, "zumba" is said to be Colombian slang for "fast". But you'll find a combination of fast and slow movements in this workout.

Questions? Contact the Recreational Sports office at (812) 237-4097.

Group X Schedule Fall 2009

Water Classes

Cardio H2O

Are you looking for an intense workout that is gentle on your joints and bones? Water aerobics combines large and small movements using the water as resistance. This class will provide an intense aerobic workout while strengthening muscles and increasing flexibility. All of this without getting your hair wet.

Senior Splash

Get together with other seniors in the community for a gentle workout in the water. The class starts with a warm up, moves into an aerobic segment, includes cool down, and finishes with stretches. All movements are done in shallow water.

Water Fit

Jump in for an intense, highly effective upper, lower, and total body training that will help develop muscle definition and increase cardiovascular endurance. Experience sport-like exercises and conditioning while improving flexibility with minimal stress on joints. Because this class takes place in the wonderful world of water, it does not feel like a workout!

Questions? Contact the Recreational Sports office at (812) 237-4097.