**KU FIT SCHEDULE**

**SPRING 2016  JAN. 19TH - MAY 5TH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td><strong>BODYPUMP</strong></td>
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<td>Paige H.</td>
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<td>Emily R.</td>
<td>Elizabeth T.</td>
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<td><strong>BODYPUMP XPRESS</strong></td>
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<td>Elizabeth T.</td>
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<td><strong>PIYo XPRESS</strong></td>
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<td><strong>ZUMBA</strong></td>
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**LOCATIONS**

- CYCLE STUDIO
- KNOPP COURT

**FREE CLASSES**

- JAN. 19TH - 24TH
- MAY 9TH - 12TH

**NO CLASSES**

- MAR. 12TH - 20TH
- MAY 6TH - 8TH
# Higher intensity and/or complex choreography

1. Classes are subject to change of instructor, format, time or cancellation. Classes with 2 or fewer participants will be cancelled.

2. KU Fit cards are required in order to participate in ALL KU Fit or Cycle classes. Passes are non-transferable and non-refundable.

3. Classes begin promptly on time. Please arrive five minutes prior to start time. KU Fit classes are on a first come, first served basis; limit of 45 participants. For KU Fit Cycle classes, reserve one of 15 bikes at www.recreation.ku.edu/fitness/cycling

4. Participants must have access to fitness center in order to participate in KU Fit classes.

## KU FIT CLASS DESCRIPTIONS

### CARDIO

**POUND**
A full-body, cardio rock-out workout, combining light resistance with constant simulated drumming. Each session incorporates cardio, Pilates, plyometrics, and isometric poses into a quick interval workout to help you strengthen and sculpt. (All Levels)

**TURBO KICK™**
Awesome music paired with movement patterns, combinations and techniques specific to the ancient sport of Muay Thai Boxing. The ultimate cardiovascular challenge complete with a sport specific warm-up, easy-to-follow combos, kickboxing-specific training and a Tai-Chi-like cool-down. Try Turbo! (All Levels)

**ZUMBA™**
You’ve heard the buzz...Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, international & pop music, paired with hot dance movements for fun & fitness! (All levels)

### STRENGTH TRAINING

**BODYPUMP™**
The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. (All levels)

### CARDIO / STRENGTH MIX

**BOXING**
Strap on the boxing gloves and get ready to burn tons of calories. This is a high-intensity, interval-based class. We combine one minute of boxing and two minutes of active recovery, then repeat! (All levels)

**HIIT BOOTCAMP**
HIIT Bootcamp classes are intense so come ready to sweat! The primary focus is short, intense bursts of exercise. HIIT combines many modes of training to confuse the muscles and help you break through plateaus. Classes will enhance muscular strength and definition while maximizing caloric expenditure.

**LUNCH TIME CRUNCH TIME**
The perfect interval training class to kick start your lunch break. This interval class will include the use of TRX, Kettlebells, dumbbells, and cardio. This is a core intensive workout that will also focus on conditioning, strength, and flexibility. Use your lunch break to get in shape!

**PiYo®**
PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, cardio workout. (All levels)

**RISE AND GRIND**
Let’s rise and grind! Activate your muscles and get your heart pumping with the use of TRX suspension training, weights, and cardio. In just one hour, you will torch tons of calories, improve your strength and flexibility, and leave feeling refreshed. There is no better way to start your day!

**TRX**
Ideal training systems that leverages gravity and bodyweight to perform unique exercise movements that will provide optimal gains in performance and functional fitness. This full-body workout delivers gains in strength, endurance, balance, coordination, flexibility, power, and core stability all at once and across a wide range of resistance determined by each participant. Space is limited to the first 12 participants. (All Levels)

### MIND / BODY

**HATHA YOGA**
Begin your day with an invigorating and powerful vinyasa (“flow”) sequencing to create heat through deep breathing and strength in the movement of your muscles, followed by deep stretching to increase flexibility and circulation to connective tissues while feeling the connection with your body and the earth. (All Levels)

**PILATES**
A series of Pilates exercises focusing on the power-house (abdominals, hips, back and buttocks). Breath is coordinated with movements to strengthen and tone muscles, improve posture, provide flexibility and unite the body and mind. (All levels)

**POWER YOGA**
An intense yoga class paired with strength movements to emphasize stability, core strength and endurance. Some yoga experience is suggested. (Advanced)

**RELAXATION YOGA**
Melt away your stress with movement. This class provides a blend of traditional yoga movement and relaxation techniques. (All levels)

**SUNRISE YOGA**
A traditional Yoga class based with the addition of an energizing series to awaken the mind and body and start the day the right way.

**VINYASA YOGA**
A moderately-paced class focused on building strength, increasing flexibility, and finding a steady focus all while practicing in a Vinyasa, or flow, style, meaning that breath is connected to each movement.

**YIN YANG YOGA**
Relax your body and mind with yin yang yoga—a balanced practiced of toning and deep stretching that will leave you feeling refreshed after a long week.

### CYCLE

**CYCLE**
The classic ride: 55 minutes on the bike paired with your favorite tunes to fuel your ride. (All levels)

**Advanced**
Higher intensity and/or complex choreography

**All**
Individuals work at own pace and intensity, modifications offered

**Xpress**
A shortened version of the class to fit in your busy day (45 minutes)

**Sunrise**
Start your day bright and early with this energizing class

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**KU Fit Group Fitness Policies**

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