## KU Fit Schedule

### Fall 17

**2017 Fall Finals Week**

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
</table>
| **Monday** | SUNRISE YOGA 6:30 - 7:30 AM  
Emily J. | CYCLE XPRESS 12:00 - 12:45 PM  
Lauren S. | TOTAL BODY 5:00 - 5:50 PM  
Lauren S. |
|           | YOGA 1:00 - 2:00 PM  
Molly H. | DANCE FITNESS 1:00 - 1:45PM  
Raquel M. | PILATES 6:00 - 7:00 PM  
Emily M. |
|           | ZUMBA 1:15 - 2:00 PM  
Julianne H. | YOGA 1:15 - 2:15 AM  
Sheryl M. | ZUMBA 7:15 - 8:00 PM  
Emily M. |
|           | POUND 12:15 - 1:00 PM  
Mariah S. | RESTORATIVE YOGA 8:15 - 9:15 PM  
Heather G. | RESTORATIVE YOGA 8:00 - 9:00 PM  
Heather G. |
| **Tuesday** | SUNRISE YOGA 6:30 - 7:30 AM  
Emily J. | BODY PUMP 12:00 - 1:00 PM  
Katie J. | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. |
|           | ZUMBA 11:15AM-12:00PM  
Jordyn M. | ZUMBA 12:00 - 1:00 PM  
Mariah S. | VINYASA POWER YOGA 12:00 - 1:00 PM  
Emily J. |
|           | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. | CYCLE XPRESS 5:00 - 5:45 PM  
Sarah H. | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. |
| **Wednesday** | SUNRISE YOGA 6:30 - 7:30 AM  
Emily J. | TOTAL BODY 10:00 - 10:45AM  
Mariah S. | BODY PUMP 12:00 - 1:00 PM  
Katie J. |
|           | TOTAL BODY 10:00 - 10:45AM  
Mariah S. | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. | VINYASA POWER YOGA 12:00 - 1:00 PM  
Emily J. |
|           | TOTAL BODY 6:00 - 7:00 PM  
Mariah S. | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. | RESTORATIVE YOGA 8:15 - 9:15 PM  
Heather F. |
| **Thursday** | SUNRISE YOGA 6:30 - 7:30 AM  
Molly H. | ZUMBA 3:00 - 4:00 PM  
Lauren B. | DANCE FITNESS 1:15 - 2:00 PM  
Raquel M. |
|           | ZUMBA 11:15AM-12:00PM  
Jordyn M. | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. | RESTORATIVE YOGA 8:15 - 9:15 PM  
Heather F. |
|           | CYCLE XPRESS 12:00 - 12:45 PM  
Jackie B. | CYCLE XPRESS 5:00 - 5:45 PM  
Sarah H. | RESTORATIVE YOGA 8:15 - 9:15 PM  
Heather F. |

**All Classes are Free**

**Cycle Studio**

Class is located in the Martial Arts Room

**December 11-14**

Rev 11.17.17
# KU Fit Group Fitness Policies

1. Classes are subject to a change of instructor, format, time or cancellation. Classes with 2 or fewer participants will be cancelled.
2. KU Fit passes and KU or government photo ID 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, space is limited to 15 participants, and saving bikes for others is not permitted.
4. Participants must have access to fitness center in order to participate in KU Fit classes.

## Classes are for All Levels
Individuals work at own pace and intensity, modifications offered

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

### Cardio

<table>
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<tr>
<th>Class</th>
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<tbody>
<tr>
<td><strong>POUND™</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>ZUMBA™</strong></td>
<td>You’ve heard the buzz...Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, international &amp; pop music, paired with hot dance movements for fun &amp; fitness.</td>
</tr>
<tr>
<td><strong>DANCE FITNESS</strong></td>
<td>This dance class plays all of the latest hits while learning some great moves. Once you’ve got these dances down, you will feel like you’re a part of a music group.</td>
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### Strength/Conditioning

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<tr>
<td><strong>BODYPUMP™</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>TOTAL BODY</strong></td>
<td>Total Body is all about changing it up whether that’s focusing on strength, cardio, intervals, or plyometrics; it is sure to challenge you. Classes involve a variety of equipment including your own body weight, so you’ll be sure to work it all!</td>
</tr>
<tr>
<td><strong>KICKBOXING CONDITIONING</strong></td>
<td>Shadow boxing using combos, drills, and non-contact sparring, but training isn’t only in the ring. You will also split your time between building strength, improving agility, and increasing cardiovascular endurance. Float like a butterfly, sting like a bee!</td>
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### Mind/Body

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<tr>
<td><strong>YOGA SCULPT</strong></td>
<td>When muscle meets yoga, Yoga Sculpt is born. Boost metabolism and build lean muscle as you move to upbeat tracks. You’ll combine free weights and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls.</td>
</tr>
<tr>
<td><strong>VINYASA POWER YOGA</strong></td>
<td>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.</td>
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<tr>
<td><strong>PILATES</strong></td>
<td>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 mind and body.</td>
</tr>
<tr>
<td><strong>RESTORATIVE YOGA</strong></td>
<td>Melt away your stress with movement. This class provides a blend of traditional yoga movement and relaxation techniques.</td>
</tr>
<tr>
<td><strong>SUNRISE YOGA</strong></td>
<td>A traditional Yoga class based with the addition of and energizing series to awaken the mind and body and start the day the right way.</td>
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### Cycle

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<tr>
<td><strong>CYCLE</strong></td>
<td>The classic ride: 60 minutes on the bike paired with your favorite tunes to fuel your ride.</td>
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