KU FIT SCHEDULE
FALL 17

OCTOBER 18 - DECEMBER 7

MONDAY

MORNING

CYCLE XPRESS
6:30 - 7:15 PM
Sarah H.

YOGA SCULPT
8:00 - 9:00 AM
Lauren B.

AFTERNOON

VINYASA POWER YOGA
12:00 - 1:00 PM
Emily J.

BODYPUMP
12:00 - 1:00 PM
Katie J.

EVENING

POUND
12:00 - 1:00 PM
Sheryl M.

DANCE FITNESS
7:30 - 8:15PM
Raquel M.

SUNDAY

FREE CLASSES:
Dec. 11-14

NO CLASSES: Sept. 2-4,
Oct. 14 - 17, Nov. 22 - 26

HALF SEMESTER PER CLASS
$25 | $3
KU FIT PASSES CAN BE PURCHASED IN THE ADMIN OFFICE AT THE ASRFC.
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.

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<table>
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<th>Category</th>
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| **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.  
                    **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.  
                    **DANCE FITNESS** 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.  
| **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.  
                      **TOTAL BODY + TRX** This class features special guest: TRX Suspension Training. Total Body + TRX 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!  
| **CARDIO/STRENGTH MIX** | **KICKBOXING CONDITIONING** 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!  
                      **HIIT** HIIT 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.  
| **MIND/BODY** | **YOGA SCULPT** 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.  
                      **VINYASA POWER 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.  
                      **YOGALATES** Blend yoga flows with Pilates mat work to stretch and lengthen muscles while toning and strengthening the abdominals.  
                      **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 mind and body.  
                      **RESTORATIVE YOGA** Melt away your stress with movement. This class provides a blend of traditional yoga movement and relaxation techniques.  
                      **SUNRISE YOGA** 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.  
| **CYCLE** | **CYCLE XPRESS** The classic ride: 45 minutes on the bike paired with your favorite tunes to fuel your ride.  

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)