

2019 Fall 1 Group Fitness Schedule (August 26—October 14)

IBC Student Recreation Center 1701 N. 15th St

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLING PAM 7:00-7:50AM	CYCLING PAM 7:00-7:50AM	CYCLING ALAINA 7:00-7:50AM	CYCLING LISA 7:00-7:50AM	CYCLING ALAINA 7:00-7:50AM	FLOW YOGA BECKA 11:00-12:00PM
POWER YOGA BRIGITTE 7:00-8:00AM	FLOW YOGA NATALIYA 7:00-7:50AM	POWER YOGA MAYA 9:00-10:00AM	FLOW YOGA NATALIYA 7:00-7:50AM	POWER YOGA BRIGITTE 7:30-8:30AM	ZUMBA MIKEY 5:00-5:50PM
FLOW YOGA EMILY 11:30-12:30PM	KARDIO KICK KOURTNEY 12:00-12:50PM	GENTLE YOGA EMILY 12:00-12:50PM	PILATES MOLLIE 11:30-12:20PM	POWER YOGA GEORGIA 11:30-12:20PM	
CYCLING CELESTE 12:00-12:50PM	CYCLING MATT 12:30-1:20PM	CYCLING LISA 12:00-12:50PM	CYCLING BREN 12:30-1:20PM	CYCLING MATT 12:00-12:50PM	
ZUMBA MIRIAM 3:00-3:50PM	CORE & MORE KOURTNEY 1:00-1:30PM	POWER YOGA BECKA 3:00-3:50PM	POWER YOGA FIONA 3:30-4:20PM	MINDFUL MEDITATION GEORGIA 12:30-1:00PM	
POWER YOGA MIRIAM 4:00-4:50PM	FLOW YOGA FIONA 4:00-4:50PM	KARDIO KICK RON 4:00-4:50PM	ZUMBA MARVETTE 5:00-5:50PM	HIIT KOURTNEY 1:10-1:40PM	HIPO HOP MIKEY 5:00-5:50PM
FULL BODY TONING STUTI 5:00-5:50PM	BOOTCAMP MERV 5:00-5:50PM	ZUMBA RACHEL 5:00-5:50PM	BOOTCAMP AMANDA 6:00-6:50PM	GENTLE YOGA MAYA 3:00-3:50PM	CYCLING ALAINA 5:00-5:50PM
CYCLING ANN 5:30-6:20PM	CYCLING LISA 5:30-6:20PM	CYCLING CELESTE 5:30-6:20PM	CYCLING AMANDA 7:00-7:50PM	ZUMBA ABIGAIL 4:00-4:50PM	CARDIO BARRE NIKKI 6:00-6:50PM
WATER AEROBICS GWEN 5:30-6:20PM	ZUMBA RACHEL 6:00-6:50PM	HIIT ISABELLA 6:00-6:30PM	HIP HOP REBECCA K. 7:00-7:50PM	WATER AEROBICS MADDY 5:30-6:20PM	ZUMBA ABIGAIL 7:00-7:50PM
PILATES SERA 6:00-6:50PM	CYCLING BREN 7:00-7:50PM	CYCLING ISABELLA 7:00-7:50PM	CARDIO BARRE NIKKI 8:00-8:50PM	<div style="border: 1px solid black; padding: 5px;"> <p><u>Important Dates</u></p> <p>9/2—All sessions canceled</p> <p>10/7—Fall 2 Schedule Available</p> <p>10/15—Fall 2 Schedule Starts</p> <p>11/23-12/1—All sessions canceled, Fall Break</p> <p>12/9—Fall 2 Schedule Ends</p> </div>	
HIIT AMANDA 7:00-7:30PM	POWER YOGA BRIGITTE 7:00-7:50PM	FULL BODY TONING AMANDA 7:00-7:50PM	POWER YOGA MERV 9:00-10:00PM		
CYCLING BREN 7:00-7:50PM	MINDFUL MEDITATION BRIGITTE 8:00-8:30PM	FLOW YOGA SERA 8:00-9:00PM			
CORE & MORE AMANDA 7:40-8:10PM	HIPO HOP REBECCA K. 8:40-9:30PM				
FLOW YOGA SERA 8:30-9:30PM					

Group Fitness Session attendance is determined on a first come, first serve basis. Ticket reservations are used for sessions beginning after 3:00pm during weekday hours. Ticket reservations begin 30 minutes prior to the start of a session. Session maximums are as follows:

| 30-Cycling | 45-Mind/Body | 55-Movement | 70-Dance |

Group Fitness Session Descriptions

Boot Camp

Expect the unexpected in this high intensity session that mixes strength, cardio, agility, intervals, and more. Modifications provided so anyone can get an awesome workout. Get ready to sweat!

Cardio Barre

This session combines ballet barre exercises, light resistance, and easy to follow choreography to help lean and strengthen the body. Along with a consistent focus on improving balance and coordination, its series of resistance and toning exercises target the legs, glutes, upper body, and core.

Core & More

The core consists of all the muscles from shoulders and knees, front and back of the body: Come strengthen this powerhouse in this 30-minute session.

Cycling

This 50 minute session includes 40 minutes of rigorous cardiovascular training using an indoor cycling bike, 5 minutes of setup and a 5 minute stretch. **Space is limited to 30 individuals**, so arrive early and don't forget your water bottle and towel!

Flow Yoga

Engage in a mind-body connection through this moving meditation, designed to pair breath to movement patterns and specific poses. New and seasoned practitioners can find alignment, movement, strength, and mindfulness in this intentionally flowing, Vinyasa-based practice.

Full Body Toning

This session uses a combination of weights, barbells, and bodyweight to build both your muscular strength and endurance. Anyone from a first-time lifter to an experienced veteran can benefit from this session. Come get strong!

Gentle Yoga

Intended relieve stress, calm the mind, and enhance flexibility, relax with this gentle, accessible practice. A wonderful complement or introduction to more vigorous practices, learn to be present in the moment while allowing your body and mind the space needed to relieve tension and stress through this gentle, accessible practice. Props will be used, and supported poses may be held for longer to allow the deep muscle tissue to fully relax.

HIIT

High Intensity Interval Training) A 30-minute interval-based session that combines cardio bursts with full body strength exercises to keep your heart rate elevated during your entire workout. This session will push you to your limits!

Hip Hop

A fun filled, action packed, choreographed dance fitness session set to hip hop songs!

Kardio Kick

An intense cardiovascular workout utilizing the latest in kickboxing and cross-training techniques.

Mindful Meditation

A half hour dedicated to relaxation and stress relief. Learn to focus on breathing while acknowledging your thoughts to put you on track to inner peace.

Pilates

A low impact session designed to enhance muscle strength, posture, flexibility and balance.

Power Yoga

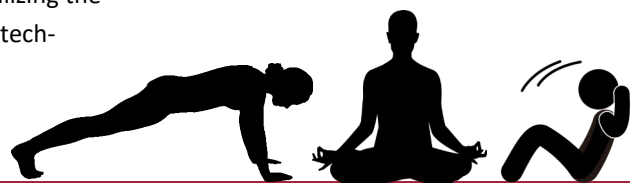
Get ready to break a sweat with this dynamic, powerful practice intended to promote focus and boost energy levels through connection of breath and movement. Poses are often held for longer durations, to build strength. Flows are often taken at a faster pace to build heat.

Water Aerobics

A 50 minute intense shallow water session with voluntary deep water non-impact and intense movements to increase your heart rate while being supported in a water environment. Great for all ability levels—Lifeguard on duty.

Zumba

An exciting session of dancing that fuses Latin rhythms and easy-to-follow moves to create a party like no other!



- Aerobic, Strength and Mind/Body sessions will take place on the second floor of the Independence Blue Cross Student Recreation Center (1701 N. 15th St.). Water Aerobics sessions are held in Pearson McGonigle Halls Pool 31 (1800 N. Broad Street, Lower Level).
- Group Fitness sessions are open to all students and employees of Temple University who have paid the Campus Recreation Fee.
- No entry to a session is permitted more than five (5) minutes after the start of any session.
- Campus Recreation reserves the right to change or cancel any session due to low attendance or other unforeseen circumstances.
- For more information regarding Group Fitness please contact the Fitness Coordinator, Kourtney Clark at 215-204-1515 or kourtney.clark@temple.edu.