



Spring 2012 Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling (II) 7:00-8:00am <i>Sarah</i>	Cycling (II) 7:00-8:00am <i>Lizzie</i>		Cycling (II) 7:00-8:00am <i>Sarah</i>	Yoga Flow (I) 11:00-12:15pm <i>Nicolette</i>	Cycling (II) 10:00am-10:50am <i>Ricki</i>
	Amp'd Interval Training (I) 7:00-8:00am <i>Marieclare</i>				
Core Barre (I) 9:00-10:00am <i>Jacquelyn</i>			Core Barre (I) 9:00-10:00am <i>Christina</i>		
Yoga 1-2 (I) 12:15-1:15pm <i>Claire</i>	Yoga Flow (I) 12:15-1:15pm <i>Nicolette</i>	Body Burn Circuit (I) 12:15-1:00pm <i>Jeff</i>	Yoga Flow (I) 12:15-1:15pm <i>Nicolette</i>	Cycle 45 (II) 12:15-1:00pm <i>Lizzie</i>	CORE Cycle Plus (II) 11:00am-12:15pm <i>Ricki</i>
Boot Camp Blast (I) 4:30-5:25pm <i>Vivian</i>	Kick N Sculpt (I) 4:30-5:25pm <i>Alessandra</i>		Turbokick® (I) 4:30-5:25pm <i>Alexis</i>		
TRX Circuit(II) 4:30-5:15pm <i>Alex</i>	Cycling (II) 4:30-5:20pm <i>Leah</i>	Core Barre (I) 4:30pm-5:25pm <i>Roxanne</i>	Cycling (II) 4:30-5:20pm <i>Nicolette</i>		
CORE-tastic Abs (I) 5:30-5:50pm <i>Alex</i>	CORE-tastic Abs (I) 5:30-5:50pm <i>Alessandra</i>	TRX Pilates (II) 5:30-6:15pm <i>Roxanne</i>	CORE-tastic Abs (I) 5:30-5:50pm <i>Alexis</i>		
					Sunday
Brazilian Booty (I) 6:00-7:00pm <i>Vivian</i>	Flex & Flow Yoga (I) 6:00-7:15pm <i>Keith</i>	CORE-tastic Abs (I) 6:00-6:20pm <i>Josie</i>	Core Barre (I) 6:00-7:00pm <i>Christina</i>	Yoga Flow (I) 5:00-6:15pm <i>Grace</i>	CORE Cycle Plus (II) 11:00am-12:15pm <i>Marieclare</i>
Cycling (II) 6:00-6:50pm <i>Alex</i>		Cycling (II) 6:30-7:20pm <i>Josie</i>	TRX Circuit(II) 6:00-6:45pm <i>Vivian</i>		
Tennis 101 7:00-8:00pm <i>Tennis Courts</i>	Cycling (II) 7:30-8:20pm <i>Leah</i>	Tennis 101 7:00-8:00pm <i>Tennis Courts</i>	30/30 Burn (II) (Cycling & Strength) 7:00-8:00pm <i>Vivian</i>		
Body Burn Circuit (I) 7:00-8:00pm <i>Hayley</i>	Zumba® (I) 7:30-8:30pm <i>Chelsea</i>	Body Burn Circuit (I) 7:00-8:00pm <i>Kim</i>	Zumba® (I) 7:00-8:00pm <i>Albina</i>		Yoga Flow (I) 6:30-7:30pm <i>Grace</i>
Yoga Flow (I) 8:00-9:15pm <i>Regiane</i>	Meditation & Stretch Yoga (I) 8:30-9:30pm <i>Griffin</i>	Yoga Flow (I) 8:00-9:15pm <i>Nicolette</i>			(I): STUDIO I (II): STUDIO II

Spring 2012 Schedule begins Monday, January 9th, 2012 (For Class Descriptions please visit: www.lmu.edu/fitwell)

** Group X classes are offered on a first come first serve basis-questions, contact the FitWell @ 310-338-3049**

Cycle, TRX & 30/30 classes have a limited number of spots-please arrive early

Spring 2012 Group Exercise Descriptions

30/30 Burn (Cycling & Strength): A 30-minute all-terrain cycling class followed by 30-minutes of express strength training for the upper body and core. Get all you need in this “one-stop shop” class! Even better yet, be prepared to challenge yourself using the TRX suspension trainer during the strength segment! **Limit 24 per class.*

Amp’d Interval Training: This morning workout is focused on metabolic training to get you burning with more energy throughout the day. Experience interval training fused with strength, cardio, stretch, fight fitness, and mind/body concepts to help you reach your fitness goals or just start off your day right.

Boot Camp Blast/Body Burn Circuit: Looking to amp up your workout this Spring? The mantra of this class is “challenging but doable!” Come prepared to test your limits and rev your metabolism. This 1-hour total body toning class will include a combination of plyometrics, sport specific training drills, and functional strength exercises to maximize results!

Brazilian Booty: *Not your ordinary dance class!* Be ready for a fun filled class that incorporates dance, Zumba, and strength moves all the while increasing your flexibility!

Core Barre: Want to grow longer and leaner? This is the class for you! Core Barre combines the best of yoga, ballet, and Pilates-alternating between movement and stretching to build elegant, lean muscles. The goal of this class is to tone your legs, buttocks, abdominals, and arms. It will also improve your posture, increase flexibility, and strengthen your core. Be prepared to be challenged and inspired!

CORE Cycle Plus: This weekend kick-starter is all you need! 45-minutes of cycling followed by an intense 30 minutes of core exercises and upper-body training including use of the TRX suspension trainer. **Limit 24 per class.*

CORE-tastic Abs: 20 minutes devoted to training the rectus abdominals, transverse, oblique, and lower-back muscles.

Cycling: Hit the road! Sprint, climb, and jump without ever leaving L.A. Don’t forget your water bottle or towel, the road gets slippery when wet! *This class is for all-levels but please come early if it is your first time.* **Limit 24 per class.*

Cycle 45: All the fun of a traditional cycling class with your busy schedule in mind! This lunch-time class will keep you energized for the rest of the day. **Limit 24 per class.*

Flex & Flow Yoga: This brisk flowing practice taps into your fat-burning cardiovascular capabilities, even as it chisels and defines your arms, chest, abs, legs and butt muscles.

Kick N’ Sculpt: Learn the fundamentals of cardio kickboxing while incorporating circuits of strength training for a kick butt workout! Punch, kick, curl & crunch your way to fitness.

Meditation & Stretch Yoga: Set an intention, be present, and ready to restore the body, mind & spirit with this gentle yoga class. Clear your mind, focusing on the breathe while learning proper alignment instructions, gentle breathing techniques, and basic poses at a slow pace for all levels of student, feeling relaxed, rejuvenated and lengthened upon completion.

TRX Circuit: Get ready for the ultimate challenge with our newest piece of equipment! This fast-paced workout combines TRX strength exercises with cardio drills. The sets will keep your heart rate pumping as you power through the reps at your own pace. Build muscle, tighten your core and increase your flexibility with this intense 45minute workout! *This class is for all-levels but please come early if it is your first time.*Limit 14 per class.*

TRX Pilates: Leap into a new realm of fitness when combining traditional mat pilates with the TRX suspension trainer. This body conditioning routine will help create a stronger, leaner, lengthened & resilient body! *This class is for all-levels but please come early if it is your first time.**Limit 14 per class.

TurboKick®: A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Yoga Flow: Harmonize the mind, body, and spirit. A dynamic flowing sequence of postures linking breath and movement. Practice begins with postures to warm up all major muscles and joints, and then moves into a challenging series to build core strength, flexibility, and endurance.

Zumba®: Join the party! Tone, sculpt and sweat to this fusion of Latin & International music with dance for a dynamic, exhilarating and effective total body workout. No partners needed.