


FALL 2017 FITNESS CLASSES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|--|
| Fall semester classes will be held September 11—December 22 | | SUNRISE CIRCUIT (Jenna) 7-7:30AM | PEDAL POWER SPIN (Theresa) 7-7:45AM | SPIN & TONE (Kelcey) 7-7:45AM | |
| PRICING: Students: FREE to attend all classes. Staff, Faculty, Alumni : \$3.00 drop in or \$25.00 for 10 punch card. Community: \$7.00 drop in or \$50.00 for 10 punch card. PAYMENT MUST BE MADE AT THE FRONT DESK PRIOR TO CLASS!!! | JILLIAN MICHAELS BODYSHRED (Jenna) 12-12:45PM | PILATES (Theresa) 12-12:45PM | ZUMBA (Stacie) 12-12:45PM | YOGA (Theresa) 12-12:45PM | PEDAL POWER SPIN (Theresa) 12-12:45PM |
| | | CARDIO & STRENGTH (Chelsea) 1-1:45PM | BACK ON TRACK (Jenna + Interns) 1-1:30PM | AQUA JOGGING (Lisa) 12-12:30PM | SPIN CLASS PROCEDURE 7 spin bikes available per class. To sign up you must call 893-6650 or sign in at the front desk to get your name on the list. We will start taking names 60 minutes before the class starts. Sign ups for AM spin classes will start the night before at 6pm. Bikes will be 1st come, 1st serve. |
| | BEGINNER SPIN (Michele) 4-4:45PM |  | PILATES (Hilary) 3-3:45PM | BARRE BOOTCAMP (Jenna) 4-4:45PM | |
| | BODY BY BRITT (Brittany) 5-5:45PM | | SPIN (Kelcey) 5:30-6:15pm | CARDIO & STRENGTH (Chelsea) 5-5:45PM | CORE DE FORCE LIVE (Hannah) 5-5:45 PM |
| YOGA (Elyse) 6-6:45PM | | PILOXING (Lyndsay) 6:30-7:15pm | | ZUMBA (Stacie) 6-6:45PM | |
| All classes are located in the Dance Room except for Back on Track located on the Track/Mezzanine and Aqua Jogging located in the pool. Classes are subject to change at any time. Please check our social media pages for updates! Facebook: Saint Joseph's College Campus Recreation. Instagram: sjccampusrec For more information email wellness@sjcme.edu. | | | | MONKS BOOTCAMP (Silas) 7-7:45PM | |

CLASS DESCRIPTIONS

Aqua Jogging - a great cardio workout that is low impact on your muscles and joints.

Back on Track - choose to walk or run a lap around the track at your own pace and then do an exercise on the mezzanine. All exercises can be modified to meet your fitness needs.

BARRE Bootcamp— a dynamic workout that will create strength, flexibility and better balance in your upper body, lower body and core.

Beginner Spin— Learn the basics of spin while building your endurance, strengthening your core and toning your muscles.

Body By Britt—a killer total body workout that will increase your strength and endurance using a variety of fitness equipment.

Cardio & Strength - a full body conditioning and resistance training circuit that uses different fitness equipment each week to make each workout unique. It is a fast-paced class that keeps you on your feet and coming back for more!

Core De Force LIVE - a mixed martial arts-inspired workout that is a non-contact, high-energy, total-body sculpting class. It's a high-energy workout, with 3-minute Rounds of fight combinations, spikes, and conditioning movements.

Jillian Michaels BODYSHRED - A high intensity, endurance based 30 minutes workout with intervals of 3 minutes of strength, 2 minutes of cardio and 1 minute of abs.

Monks Bootcamp - challenge your total body each week with different pieces of fitness equipment such as Ropes, TRX, and Kettlebells to name a few! Gain strength and endurance as you travel from station to station!

Spin- Each workout you will be able to adjust the resistance to meet the needs of your personal workout. You will climb over hills, spin on flats and try a few sprints. Bring your energy and be prepared to sweat!

Pilates— A total body strengthening and flexibility class with a focus on core conditioning.

Piloxing— this powerful, heart-pumping, high energy class is an interval fusion of pilates, boxing and dance.

Sunrise Circuit—Start your morning off on a good note! Go through a total body circuit using different fitness equipment. Great for all levels of fitness.

Yoga—This class combines a variety of standing, sitting, balancing, and strengthening poses. Yoga will increase strength and flexibility while decreasing stress. This class is a great way to center your mind and stretch your body head to toe.