

# Group Exercise Schedule: Fall Term 2015

Studio Locations: (6) = Studio 6, (5) = Studio 5, (TRX) = Upstairs Fitness, (Cycle Classes) = Lower Commons

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30-7:30am		Sunrise (5)		Sunrise (5)		
6:00 – 8am (drop in)		<b>*Phoenix Fit (Jordan Gym)</b>		<b>*Phoenix Fit (Jordan Gym)</b>		
8 – 9am	Pilates (5)		Cycle	Cycle		
12:30 – 1:15pm	<b>*Gentle Yoga (Studio 6)</b>	<b>*TRX (Fitness Center - Sarah)-12</b> <b>*Pilates (6)</b>	<b>*Yoga (Studio 6)</b>	<b>*TRX (Fitness Center -Sky)-12</b> <b>*Barre (6)</b>	Power Yoga (5) TBC (6)	
12:30-1:30pm				<b>*Lifting w/ Liz (5)</b>		
3 – 4pm					FAS Class	Pump (6)
4:15 – 5:15pm	TBC (6)	TBC (5)	Pump (6)	HIIT (6)		
4:15 – 5:15pm	Bootcamp (5)	Kickboxing (6)	Yogalates (5)	Yoga (5)		
4:15 – 5:15pm			TRX (Nat) - 12			
5:30 – 6:30pm		<b>*Lifting w/ Liz (Holt Chapel)</b>				
5:15 – 6pm	<b>*HiIT (Elon Church)</b>					
5:30 – 6:00pm	Awesome Abs (6)			Awesome Abs (6)		
5:30 – 6:30pm	Cycle (cycle)	Power Yoga (5)	Shred (5/cycle)	Shred (5/cycle)		
5:30 – 6:30pm		Bootcamp (6)	Zumba (6)			
6:15 – 7:15pm	Step n' Sweat (6)	Cycle		Zumba (6)		
6:45 – 7:45pm	Habit (5)	Broga (5)	Ride & Relax (5/cycle)	Kickboxing (5)		
6:45 – 7:45pm		Cardio Hip Hop (6)	TBC (6)			

## Class Attendance Requirements

**Campus Recreation:** Classes will be labeled in black and require a Group X sticker (\$20/year) purchased at the front desk of Campus Recreation.

*Open to all Phoenix Card holders.*

**\*Faculty/Staff Wellness:** Classes will be labeled in maroon and require a Wellness sticker (\$0 / year) obtained at the Wellness Office.

*Open to Faculty/Staff Only*

## Friday Afternoon Specials (FAS) Schedule (Group Exercise sticker required. All FAS class locations will vary, please see the front desk for questions.)

August 28 – Hip Hop Yoga (Maddie) – 5(20)  
 September 4 – Cardio Partio (Ben/Ryan) – 6 (25)  
 September 11 – Ballet Barre (Nat) – 6 (25)  
 September 18 – TRXtravaganza (Anya) – (12)

September 25 – Cyclates (Ben) – 5/cycle 10)  
 October 2 – Yoga Inversion Practice (Anya) – 5 (20)  
 October 16 – Swagger Cycle (Nat) – cycle (10)  
 October 23 - Piloxing (Mel) – 6 (25)

October 30 – BOSU bootcamp (Sarah) – 6 (15)  
 November 6 – Yoncercize (Victoria) – 6 (25)  
 November 13 – Phoenix Insanity (Sky) – 6 (25)  
 December 4 – All Arms (Grace) - 6 (25)

# Group Exercise Schedule Descriptions

## Regular Schedule

**Power Yoga:** Along with focusing on relaxing your mind and body, we'll push you harder to increase core strength and muscular endurance.

**Sunrise Yoga:** Start your day off right by being good to your body. This yoga routine uses movements and breathing techniques to stimulate blood flow and energize the body and mind.

**Yoga:** Escape from your day with a yoga class that incorporates balance, strength, flow, and relaxation poses. Use restoring breathing techniques with emphasis on protecting the spine and joints while increasing range of motion and total body strength.

**Awesome Abs:** 30 minutes dedicated to your abs using many different techniques to tone.

**Bootcamp:** A combination of cardio training and strength training that will target your entire body.

**Cycle:** A special cycle workout designed to help you energize and increase endurance.

**Habit:** An Elon classic! Strength exercises to target your hips, abs, buns, and inner thighs.

**Kickboxing:** An energetic full body workout that teaches basic punching and kicking skills, a great way to burn off the stress of the day.

**Yogalates:** A combination flow of yoga and Pilates challenges your mind and muscles. This perfect mix of mind/body exercises will leave you feeling refreshed.

**TRX:** Complete a total body workout using the suspension based training straps in the fitness center.

**Cardio Hip Hop:** A great cardio workout by dancing to some great hip-hop hits! Come to this class to learn fun choreography and dance moves that will make you break it down while breaking a sweat!

**Step n' Sweat:** A fun, aerobic workout that incorporates a step to give you the cardio and strength that will make you sweat!

**Pump:** A power hour of weight training that will strengthen and sculpt all the major muscle groups. Cater the workout to your level with your choice of weights and be inspired by heart pumping music and great instructors to get the results you came for – and fast!

**Ride and Relax:** A combination of cycle and yoga, spending the first half of class on the bike and the second half on the mat. Offers all the intensity of a cycle class while allowing you to center yourself and focus on personal wellbeing.

**Total Body Conditioning (TBC):** A full body workout combining cardio and strength training to challenge the body. The class employs various training techniques and types of equipment to meet all levels of fitness.

**Zumba:** Ditch the workout and join the party! Latin dance inspired choreography, passion for moving, and sweating your heart out!

**Shred:** This combination class of cycle, cardio, and ab work has you sweating and shredding tons of calories in just one hour.

**Pilates:** A body conditioning routine that builds flexibility, strength, and endurance.

## Faculty/Staff Wellness Class Descriptions

### Regular Schedule

**Yoga and Gentle Yoga:** (Instructor Mary Wilson) Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and perfect the alignment of the pose. Monday's class is a gentler version of Wednesday's class.

**TRX Suspension Trainer Exercise:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. This class involves various exercises that adapt to all fitness levels.

**HiiT High Intensity Interval Training:** (Instructor Shannon Wiggins) HiiT is a form of interval training that involves short intervals of maximum intensity exercise separated by low to moderate intensity exercise. For example, you may do 20 seconds of jumping jacks then 20 seconds of lunges. Don't let the name scare you away! You'll be shown modifications for any exercise you cannot perform. No matter your age, size or shape – anyone can do this work out. **Phoenix Fit:** (Instructor Liz Bailey) Phoenix Fit is a fitness program offered by Wellness and administered by faculty from the Departments of Physical Therapy Education (DPTE) and Health & Human Performance (HHP). Elon graduate and undergraduate students will also assist in delivery of the program. Participants will walk or run in Jordan gym and will participate in stretching and strengthening exercises. The program will offer a convenient and fun group environment for exercise, health education, and support for behavior change. Notify Wellness to participate. 5569

**Barre:** While all barre workouts differ slightly in structure, most methods incorporate exercises done at a ballet barre (you can use the back of a chair) combined with elements of ballet, Pilates, and yoga. Barre exercises rely mainly upon one's bodyweight for resistance, and the moves challenge your core stability and balance. Barre workouts are designed to help an individual achieve a "dancer's body" — strong, sleek, and streamlined. While many barre methods offer introductory classes for beginner students, most barre classes are considered multi-level and are appropriate for a variety of fitness levels and body sizes.

**Pilates:** (Instructor Shannon Wiggins) Pilates is a body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, Pilates increases circulation and helps to sculpt the body and strengthen the "core" or "powerhouse" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

**Lifting with Liz:** (Instructor Liz Bailey) No special equipment or clothing is required for this class and you begin with weights you are comfortable using. You can stay for 35 minutes or an hour to get the full body workout that is right for you. Exercises learned in class are easy to do, and can even be done at home with minimal equipment. If done regularly with weights that are challenging for you, these exercises can increase your strength, bone density, and muscle mass. Close supervision in class insures that any risks from using weights are minimized and the program is right for you!

