

Modern Dance: An introduction to modern dance where you will learn techniques using fall and recovery, contractions, and levels to create dances filled with emotion and feeling.

Pilates: Pilates utilizes controlled, flowing movements to activate all the muscles of the abdomen. This mat-based Pilates class will increase your core strength leading to greater stabilization and control as well as better posture.

Power Yoga: Continuous movement through hatha yoga postures challenges your strength, balance, flexibility and focus, leaving you revitalized and relaxed.

Step: The original cardio workout! Combine athletic movements and choreography with a raised platform for a phenomenal workout. Then add energetic music and a motivating instructor and you have - Step!

Tabata: Take advantage of the most scientifically proven interval training format for maximum results in minimal time. Tabata Training consists of 8 sets of 4 interval exercises. Each set alternates 20 seconds of maximal intensity intervals with 10 seconds of rest.

Turbokick®: Turbo Kick® is a combination of intense kickboxing and dance, all perfectly choreographed to high energy music. No experience required!

Yogalates: Get the best of two great mind body classes. Yogalates combines the isometric strength and focus of yoga with the core activation and fluidity of Pilates to create a challenging yet relaxing workout.

Zumba®: The Latin-inspired, easy-to-follow dance-fitness party that will change the way you think about exercise. This cardiovascular workout will make you sweat to the beats of international rhythms. Ditch the workout, join the party!

Zumba Toning®: This strength-training dance fitness-party combines targeted body-sculpting, with Latin-infused Zumba cardio. You will use lightweight, maraca-like Toning Sticks to enhance rhythm and tone your entire body while having a total blast!

Join the University of Houston -
Department of Campus Recreation Fitness
Facebook page to find updates, adjusted
schedules, class cancellations and more!



UHfitness

Fitness Events and Programs

Personal Training

Work one-on-one with a nationally certified Personal Trainer to achieve your fitness goals! Affordable Personal Training options are available to UH students and members of the CRWC. Visit the Fitness Zone Help Desk for more information.

ACE Personal Trainer Exam Preparatory Course

Do you have a passion for fitness and want to inspire others to lead a healthier life? This course will prepare you to take the ACE Personal Trainer Certification Exam. Visit the Fitness Zone Desk for more information. Registration closes on 1/24/12.

AFAA Group Exercise Instructor Certification Exam

Would your favorite fitness instructor describe you as a 'front row diva'? Maybe it's time to step out of the class and into the spotlight. Go to www.afa.com to register, contact Melanee Wood (see contact below) with questions.

Biggest Loser: UH Edition

Is 2012 the year for a whole new you? Visit the Fitness Zone Help Desk for more information. Registration closes on 1/21/12.

Questions, Comments or Concerns ?

Contact Melanee Wood,
Assistant Director for Fitness
Phone: 713-743-9503
Email: MHanbury@central.uh.edu
www.uh.edu/recreation

GROUP FITNESS

SCHEDULE Spring 2012

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation

Aqua Fitness: Exercising in the pool is an excellent non-impact way to challenge your cardiovascular system, build strength, and increase flexibility. Swimming proficiency is not required for these shallow and deep water classes. Aqua Fitness is managed by the Campus Recreation Aquatics program. Visit the Aquatics website or call 713.743.SWIM for more information.

Ballet: Fundamentals are the building blocks of fun. This beginner class will teach poise, precision, and create a foundation for dance movement.

Body Sculpt: Are your reps getting repetitive? Designed to strengthen and tone, body sculpt uses weight and resistance equipment combined with a variety of exercises and an enthusiastic instructor so your workout never gets stale.

Core: Challenge the powerhouse of your body – the core! This 30-minute class focuses on strengthening the abdominals, back, and everything in between to keep your body stable, balanced, and strong.

Cycle n' Core: Get the best of both worlds with this two-in-one class! 30 minutes of intense cycling combined with 30 minutes of core will get your body in tip top shape!

Floor, Core, and More: This beginner level class is the perfect blend of cardio, toning, and core training. A perfect class to start experiencing the benefits of group fitness!

Functional Flexibility: 15 minutes of stretching a day is all it takes to increase flexibility and create a lithe body.

Group Cycling: This cardiovascular class simulates riding over various types of terrain: enjoy hills, flats, intervals and more! The high energy ride will get your heart pumping and your mind racing.

H.I.I.T. Boxing: This class takes High Intensity Interval Training into the ring. 12, 3-minute rounds of boxing with 30 second high intensity intervals combine for a workout that really packs a punch!

Hip Hop: Break a sweat while you bust a move! This dance class makes it fun to get fit!

Jazz: Explore the energy, variety, and vitality of Jazz in this sometimes contemporary, sometimes classical dance format.

Kickboxing: Jab, cross, and kick your way to fitness! This cardio class uses choreographed combinations and music interspersed with high-intensity intervals for a 'kick-butt' workout that will keep you coming back.

NEW! How do I get my Fitness Class Pass?

- Sign-up for your 2011-2012 Group Fitness Keychain Pass at the Fitness Zone Help Desk on the second floor.
- Once you have your pass, you may attend any of the scheduled group fitness classes for the academic year.
- You **MUST** show your pass to the class attendant to be able to participate in the class.
- Space in class is limited. Please arrive 5-10 minutes early to secure your spot.
- If your pass is lost or damaged, you can obtain a new pass at the Fitness Zone Help Desk.
- The best part about the Group Fitness Keychain pass - it's...

FREE !!!

Group Fitness Rules & Regulations

- All group fitness classes require athletic footwear. Bare feet are allowed in Yoga & Pilates ONLY.
- Please wear comfortable clothing that allows complete range of motion.
- Water bottles and towels are encouraged.
- Entrance to class may not be permitted more than 5 minutes after the start time.
- Minimum of two (2) participates per class. Otherwise, class will be cancelled.
- Class attendance is routinely monitored. Classes with fewer than 5 participants for four (4) consecutive weeks may be cancelled.

Group Fitness Class Schedule

Time	Class	Instructor	Room
Monday			
7:00 am - 7:45 am	Group Cycling	Cynthia	4
8:00 am - 8:45 am	Pilates	Cynthia	4
12:15 pm - 1:00 pm	Yogalates	Van	4
1:15 pm - 2:15 pm	Hip Hop	Nadia	1
2:45 pm - 3:45 pm	Floor, Core, and More	Van	4
4:00 pm - 5:00 pm	Zumba Toning	Melanee	1
4:30 pm - 5:30 pm	Jazz	Jessica	4
5:15 pm - 6:15 pm	Step	Dominique	1
5:30 pm - 6:30 pm	Aqua Fitness~	Ana	Nat
5:30 pm - 6:30 pm	Power Yoga	Katie	4
6:30 pm - 7:30 pm	Body Sculpt	Jordan	1
7:45 pm - 8:15 pm	Tabata*	Jordan	4
8:15 pm - 8:45 pm	*Core	Jordan	4
9:00 pm - 10:00 pm	HIIT Boxing**	Dylan	4

Time	Class	Instructor	Room
Tuesday			
7:00 am - 8:00 am	Zumba	Melanee	1
10:15 am - 11:15 am	Yogalates	Van	4
12:00 pm - 1:00 pm	Body Sculpt	Cynthia	1
1:15 pm - 2:00 pm	Kickboxing	Janis	4
2:45 pm - 3:45 pm	Step	Dominique	1
4:00 pm - 5:00 pm	Pilates	Jordan	4
4:15 pm - 5:15 pm	Zumba	Heber	1
5:15 pm - 6:15 pm	Jazz	Robin	4
5:30 pm - 6:30 pm	Aqua Fitness~	TBD	Nat
5:30 pm - 6:00 pm	Tabata*	Ana	1
6:00 pm - 6:15 pm	*Functional Flexibility	Ana	1
6:30 pm - 7:15 pm	Body Sculpt	Leon	1
7:00 pm - 8:00 pm	Group Cycling	Dylan	4
8:15 pm - 8:45 pm	Core	Dylan	4

Time	Class	Instructor	Room
Wednesday			
7:00 am - 7:45 am	Group Cycling	Cynthia	4
8:00 am - 8:45 am	Pilates	Cynthia	4
12:15 pm - 1:00 pm	Ballet	Robin	4
1:15 pm - 2:15 pm	Hip Hop	Nadia	1
2:45 pm - 3:45 pm	Cycle n' Core	Gisele	4
4:00 pm - 5:00 pm	Step	Ana	1
4:30 pm - 5:30 pm	Jazz	Brittany	4
5:15 pm - 6:15 pm	Zumba	Cristina	1
5:30 pm - 6:30 pm	Aqua Fitness~	Ana	Nat
5:30 pm - 6:30 pm	Power Yoga	Melanee	4
6:30 pm - 7:30 pm	Body Sculpt	Jordan	1
7:45 pm - 8:15 pm	Tabata*	Jordan	4
8:15 pm - 8:45 pm	*Core	Jordan	4
9:00 pm - 10:00 pm	Kickboxing	Janis	4

Time	Class	Instructor	Room
Thursday			
7:00 am - 8:00 am	Turbo Kick	Katie	4
12:00 pm - 1:00 pm	Power Yoga	Cynthia	4
1:15 pm - 2:00 pm	Cycling	Cynthia	4
2:45 pm - 3:45 pm	Kickboxing	Janis	1
4:15 pm - 5:15 pm	Zumba	Heber	1
5:15 pm - 6:15 pm	Pilates	Jordan	4
5:30 pm - 6:30 pm	Aqua Fitness~	TBD	Nat
5:30 pm - 6:00 pm	Tabata*	Janis	1
6:00 pm - 6:15 pm	*Functional Flexibility	Janis	1
6:30 pm - 7:15 pm	Body Sculpt	Leon	1
7:00 pm - 7:30 pm	Core	Dylan	4
7:45 pm - 8:45 pm	Zumba	Gisele	4

* Denotes two classes with no break between them. These classes have been designed to be taken together but may be taken separately. If attending only the first class, please be prepared to pack-up and exit quickly to avoid disrupting the second class. If attending only the second class, please be sure to arrive early so the class can start on-time.

** Wrist wraps and boxing gloves are required for this class. Wraps and gloves can be checked-out free of charge from the Equipment Check-Out desk. Please obtain your equipment before class starts.

~ Aqua Fitness classes are managed by Campus Recreation's Aquatics department. Please check the aquatics website or call 713.743.SWIM for updates on Aqua Fitness Classes.

January 17 - April 30

Time	Class	Instructor	Room
Friday			
10:00 am - 11:00 am	Yogalates	Van	4
12:00 pm - 12:45 pm	Body Sculpt	Janis	1
1:00 pm - 1:30 pm	Tabata*	Ana	1
1:30 pm - 2:00 pm	*Core	Ana	1
2:00 pm - 3:00 pm	Zumba	Cristina	4

Time	Class	Instructor	Room
Saturday			
12:00 pm - 1:00 pm	Zumba	Cristina	1

Time	Class	Instructor	Room
Sunday			
5:30 pm - 6:30 pm	Jazz	Brittany	1
7:00 pm - 8:00 pm	Kickboxing	Janis	1
8:15 pm - 8:45 pm	Core	Janis	1

Do you have a fitness goal for the spring semester?

Join the Biggest Loser Challenge: UH Edition!

Whether you want lose weight, add muscle, or just stay fit and healthy, this incentive program can help you achieve your goal.

Registration closes on January 21st.

Ask at the Fitness Zone Help Desk for more information.

Group Fitness Classes will be cancelled during Spring Break, March 10—March 19.

A modified schedule will be offered during finals week from May 1—May 11.