



# Group Fitness Schedule

## 8/30/10 – 12/5/10

Time	Class	Instructor	Room
<b>Monday</b>			
7:30 am - 8:30 am	Athletic Conditioning	Nick	1
8:45 am - 9:15 am	Core	Nick	1
9:30 am - 10:30 am	Group Cycling	Nick	4
12:00 pm - 1:00 pm	Bootcamp	Manne	1
4:00 pm - 5:00 pm	Zumba	Melanee	1
5:15 pm - 6:15 pm	Yoga	Mindy	4
5:30 pm - 6:30 pm	Aqua Aerobics	Reyna	Nat.
5:45 pm - 6:15 pm	Core	Audrey	1
6:30 pm - 7:30 pm	Interval Training	Audrey	1
<b>Tuesday</b>			
7:30 am - 8:30 am	Circuit Training	Nick	1
10:00 am - 11:00 am	Yang Style Tai Chi	Andy	3
12:00 pm - 1:00 pm	Yoga	Mindy	4
1:15 pm - 2:15 pm	Pilates	Nick	1
3:00 pm - 4:00 pm	Bootcamp	Manne	1
4:00 pm - 5:00 pm	Group Cycling	Cynthia	4
5:15 pm - 6:15 pm	Kickboxing	Audrey	1
5:30 pm - 6:30 pm	Aqua Jogging	Reyna	Nat.
5:30 pm - 7:00 pm	Adult Martial Arts*	Joseph	4
6:30 pm - 7:00 pm	Core	Audrey	1
<b>Wednesday</b>			
7:30 am - 8:30 am	Athletic Conditioning	Nick	1
8:45 am - 9:15 am	Core	Nick	1
9:30 am - 10:30 am	Group Cycling	Nick	4
12:00 pm - 1:00 pm	Body Sculpt	Manne	1
4:00 pm - 5:00 pm	Kickboxing	Melanee	1
5:15 pm - 6:15 pm	Pilates	Cynthia	1
5:30 pm - 6:30 pm	Aqua Aerobics	Reyna	Nat.
5:45 pm - 6:45 pm	Group Cycling	Audrey	4
7:00 pm - 7:30 pm	Core	Audrey	1

### Group Fitness Classes will be cancelled on:

Monday, September 6

Wednesday, November 24—Saturday, November 27

For questions, comments, or suggestions, please contact  
Melanee Wood, Assistant Director of Fitness  
MHanbury@uh.edu  
(713) 743-9503

### Thursday

7:30 am - 8:30 am	Circuit Training	Nick	1
10:00 am - 11:00 am	Yang Style Tai Chi	Andy	3
12:00 pm - 1:00 pm	Yoga	Mindy	4
1:15pm - 2:15pm	Pilates	Nick	1
4:00 pm - 5:00 pm	Interval Training	Elizabeth	1
5:15 pm - 6:15 pm	Body Sculpt	Cynthia	1
5:30 pm - 6:30 pm	Aqua Jogging	Reyna	Nat.
5:30 pm - 7:00 pm	Adult Martial Arts*	Joseph	4
6:30 pm - 7:30 pm	Kickboxing	Audrey	1

### Friday

10:00 am - 11:00 am	Pilates	Nick	1
11:15 am - 12:15 am	Group Cycling	Nick	4
12:00 pm - 1:00 pm	Zumba	Melanee	1
12:30 pm - 1:00 pm	Core	Nick	4
2:00 pm - 3:00 pm	Bootcamp	Manne	1

### Saturday

10:30 am - 11:30 am	Yang Style Tai Chi	Andy	3
12:00 pm - 1:00 pm	Pilates	Cynthia	4
1:15 pm - 2:15 pm	Group Cycling	Cynthia	4

\* Denotes a fee-based workshop, see reverse for details

### Group Fitness Class Attendance Guidelines

- A liability waiver must be signed at the welcome desk once per academic year to participate in group fitness classes.
- We highly recommend that participants bring a towel and water bottle to every class.
- Pick up an access pass at the welcome desk. Passes will be distributed 15 minutes before the class begins and will not be distributed after the official start-time of the class.
- Access is granted on a first come, first served basis. Class size is limited based on equipment availability and safety concerns.
- For safety reasons no admittance will be allowed more than 5 minutes after the class has started. It is strongly encouraged for patrons to arrive early or on time to all group fitness classes in order to appropriately warm-up for physical activity.
- We encourage participants to arrive at least 5-minutes before class to allow time for equipment set up.
- Present your access pass to the instructor before the class begins.
- Please inform the instructor if you have any special considerations (i.e. pregnancy, injury, illness) or if you need to leave class early so that they may accommodate you.
- A minimum of two participants are required for group fitness classes; classes with only one participant will be cancelled.
- Class attendance will be reviewed regularly. Classes with an average of fewer than four participants for five consecutive weeks may be cancelled.
- Workshop classes will be cancelled if minimum enrollment is not met. Participants will receive a full refund in the event of a cancellation.
- Supportive, closed-toe, athletic shoes must be worn during strength, cardio, and conditioning classes; bare-feet are allowed in yoga, Pilates, and mind/body classes. Indoor cycling shoes are permitted only while on the bike.
- Athletic tops and bottoms are required to participate.
- Jewelry that presents a hazard to the user or the equipment must not be worn.
- Patrons are expected to use the provided cleaning products to clean equipment after each use.
- Please return all equipment to its proper location after each class.
- Personal belongings must be left to the sides of the room or in a safe location as designated by the instructor during class times.
- Patrons are not permitted to move or use the audio equipment or the mixers located in the closet.
- We reserve the right to change the group exercise schedule at any time. This includes the addition or the deletion of classes, as well as changes in instructors, class times and length of classes.

## It's Time to Get Personal!

If you're looking for a personalized approach to fitness, try working with a Personal Trainer!

Our Personal Trainers are nationally certified, educated, and ready to help you achieve your goals.

Train alone or with a friend.

Whether you're just getting started or need help pushing to the next level, we can help you reach your potential!

Stop by the Fitness Zone Help Desk today to

## ☰ Class Descriptions

**Aqua Aerobics:** Dive into water workouts! 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 this shallow water class, so come ready to make a splash and have a blast!

**Aqua Jogging:** Come and experience a full body workout without the added impact to your knees and other joints. This deep water class makes use of flotation devices to ensure a safe and challenging muscular endurance workout.

**Athletic Conditioning:** Do you miss the thrill of competition and training? This class uses sports inspired drills and techniques designed to improve your fitness and overall athletic performance. Experience what it's like to train like a pro.

**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.

**Bootcamp:** No guts, no glory in this high intensity workout! Created for the athlete and fitness enthusiast, this class combines cardio intervals, plyometrics, and strength training exercises in a vigorous circuit format. A minimum six months of regular exercise are recommended prior to attending this class.

**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.

**Group Cycling:** Indoor cycling at its best! This cardiovascular class will stimulate 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.

**Yoga:** Looking to increase your flexibility, strength, and balance? Yoga is the practice of moving through asanas or postures often practiced for fitness or combined with meditation.

**Interval Training:** Boost your performance with interval training! This training technique alternates sequences of high and low intensity exercises to work both the aerobic and anaerobic energy systems giving you a workout that packs a punch.

## ☰ Class Descriptions

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

**Pilates:** Pilates utilizes controlled, flowing movements through a full range of motion to activate the deep and superficial 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.

**Tai Chi:** Improve total body coordination and the connection between mind and body with this moving meditation. Tai Chi uses dynamic movements to improve flexibility, muscular endurance, and create overall well-being.

**Zumba®:** Zumba is 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 as you boogie to the beats of international rhythms, energizing your body and mind. Ditch the workout, join the party!

## ☰ Workshop Descriptions

**Martial Art for Adults:** Adult Martial Art teaches the classical Japanese style of self-defense and the modern survival skills of an urban environment. It also offers a range of weapon based self-defense, from the ancient form of stick work to the present forms of knife work. No prior experience is necessary. Tuesdays and Thursdays, 5:30 pm – 7:00 pm September 9 – November 30 CRWC members: \$25, Non-Members: \$40



## Group Fitness Class Schedule & Descriptions

Get the most up-to-date Group Fitness and Recreation info on-line!

Join our Facebook Group:  
UH Campus Recreation

[www.uhrecreation.com](http://www.uhrecreation.com)