

























KU Fit / Cycle

Spring 2012 Schedule

FREE classes: Jan. 17-23, May 4-10

No classes: Feb. 3-5, Mar. 10, Mar. 16-25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE XPRESS 6:15 - 7:00 am Laura 	CYCLE XPRESS 6:15 - 7:00 am Annalize 	CYCLE XPRESS 6:15 - 7:00 am Grayson 	CYCLE XPRESS 6:15 - 7:00 am Wraye 		CYCLE 10:00 - 10:55 am Mike 
	BODY PUMP 6:15 - 7:10 am Nathan BODYPUMP	SUNRISE YOGA 6:30 - 7:10 am Kimberly	BODY PUMP 6:15 - 7:10 am Lauren F. BODYPUMP		POWERSTEP 10:00 - 10:55 am Instructor Rotation
	CYCLE XPRESS 12:00 - 12:45 pm Amber 		CYCLE XPRESS 12:00 - 12:45 pm Mike 	CYCLE XPRESS 12:00 - 12:45 pm Emily 	BODY PUMP 11:00 - 11:55 am Dana BODYPUMP
BODY PUMP 12:00 - 12:55 pm Amber BODYPUMP	PILATES XPRESS 12:00 - 12:45 pm Liz	BODY PUMP 12:00 - 12:55 pm Amber BODYPUMP	YOGA XPRESS 12:00 - 12:45 pm Jon	BODY PUMP 12:00 - 12:55 pm Steph M. BODYPUMP	YOGA (MA) 11:00 am - 12:25 pm Steph B.
				WARRIOR WORKOUT 3:30 - 4:25 pm Kimberly	
YOGILATES (MA) 4:00 - 5:00 pm Kimberly					
CYCLE 4:30 - 5:25 pm Ashleigh 	YOGA RIDE 4:30 - 5:25 pm Steph M. 	POWER PEDAL 4:30 - 5:25 pm Rachel 			POWERSTEP 4:00 - 4:55 pm Wraye & Lauren O.
BODY PUMP 4:30 - 5:25 pm Steph M. BODYPUMP	POWERSTEP 4:30 - 5:25 pm Laura	BODY PUMP 4:30 - 5:25 pm Dana BODYPUMP	BUTZ N' GUTZ 4:45 - 5:15 pm Shannon	BODY PUMP 4:30 - 5:25 pm Mark BODYPUMP	BUTZ N' GUTZ 5:00 - 5:25 pm Lauren O.
YOGA RIDE 5:30 - 6:25 pm Kimberly 	CYCLE 5:30 - 6:25 pm Haley 	CYCLE 5:30 - 6:25 pm Dana 		CYCLE 5:15 - 6:05 pm Steph M. 	CYCLE 5:00 - 5:55 pm Caitlin 
POWERSTEP 5:30 - 6:25 pm Lauren F.	ZUMBA 5:30 - 6:25 pm Tina	TURBO KICK 5:30 - 6:25 pm Steph M. 	BODY PUMP 5:30 - 6:25 pm Nathan BODYPUMP	ZUMBA 5:30 - 6:25 pm Tina / Baley 	ZUMBA 5:30 - 6:25 pm Haley / Baley 
	POWER PEDAL 6:30 - 7:25 pm Wraye 		CYCLE 6:30 - 7:25 pm Lauren B. 		RELAXATION YOGA 6:30 - 7:25 pm Katiee / Ashleigh
ZUMBA 6:30 - 7:25 pm Haley 	BODY PUMP 6:30 - 7:25 pm Lauren F. BODYPUMP	POWERSTEP 6:30 - 7:25 pm Wraye	CYCLE 7:30 - 8:25 pm Eileen 		
YOGILATES 7:30 - 8:25 pm Shannon	BUTZ N' GUTZ 7:30 - 7:55 pm Kimberly	CYCLE 7:30 - 8:25 pm Eileen 	POWER YOGA 7:30 - 8:25 pm Steph B.		
	YOGA XPRESS 8:00 - 8:45 pm Kimberly				

All FIT classes take place in Room 114/115, except those listed as MA (Martial Arts Studio). All Cycle classes take place in the Cycle Studio.

Revised 4.3.12



KU FIT / CYCLE CLASS DESCRIPTIONS

CARDIO

TURBO KICK™ Awesome music paired with movement patterns, combinations and techniques specific to the ancient sport of Muay Thai Boxing. The ultimate cardiovascular challenge complete with a sport specific warm-up, easy-to-follow combos, kickboxing-specific training and a Tai-Chi-like cool-down. Try Turbo! (All levels)

ZUMBA™ You've heard the buzz...Check out Zumba! A Zumba certified instructor will lead you through a fusion of Latin, international & pop music, paired with hot dance movements for fun & fitness! (All levels)

STRENGTH TRAINING

BODYPUMP™ The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. (All levels)

BUTZ N' GUTZ Just like it sounds! 45 minutes devoted to working the lower body and core. (All levels)

CARDIO / STRENGTH MIX

POWERSTEP This class blends step aerobics with core training to shake up your cardio/strength routine. Choreographed routines help you learn the moves and step your way to great fitness! (All levels)

WARRIOR WORKOUT Cardio kickboxing & athletic drills (30 minutes) and yoga (30 minutes). Experience intense cardio training, followed by flexibility and strength training, the best of both worlds! (All levels)

MIND / BODY

YOGA A relaxing, yet challenging class designed to improve posture, flexibility and muscular strength. KU Fit yoga is based on Yoga fit principles of fitness yoga, providing various options for all levels of yogis. (All levels)

PILATES A series of Pilates exercises focusing on the power-house (abdominals, hips, back and buttocks). Breath is coordinated with movements to strengthen and tone muscles, improve posture, provide flexibility and unite the body and mind. (All levels)

POWER YOGA An intense yoga class paired with strength movements to emphasize stability, core strength and endurance. Some yoga experience is suggested. (Advanced)

RELAXATION YOGA Melt away your stress with movement. This class provides a blend of traditional yoga movement and relaxation techniques. (All levels)

YOGILATES Blend yoga flows with Pilates mat work to stretch and lengthen muscles while toning and strengthening the abdominals. (All levels)

CYCLE

CYCLE The classic ride: 55 minutes on the bike paired with your favorite tunes to fuel your ride. (All levels)

POWER PEDAL A 55-minute class devoted to muscular power that will burn fat and build lean muscles. This class incorporates intervals, as well as full body strength exercises. Push your body to its peak power! (All levels)

XPRESS RIDE Get a quick cycle fix in this heart-pounding 45-minute ride. (All levels)

YOGA RIDE Enjoy a 45-minute cycle class, followed by 15 minutes of full body stretches utilizing the cycle to release muscle tension. Maximize performance and prevent injury by integrating alignment-based yoga stretching in your training program. (All levels)

Advanced

Higher intensity and/or complex choreography

All

Individuals work at own pace & intensity, modifications offered

Xpress

A shortened version of class to fit in your busy day (45 minutes)

Sunrise

Start your day right with an energizing Sunrise class

KU Fit Group Fitness Policies

1. Classes are subject to change of instructor, format, time or cancellation. Classes with 2 or fewer participants will be cancelled.
2. KU Fit cards are required in order to participate in ALL KU Fit or Cycle classes. Passes are non-transferable and non-refundable.
3. Classes begin promptly on time. Please arrive five minutes prior to start time. KU Fit classes are on a first come, first served basis; limit of 45 participants. For KU Fit Cycle classes, reserve one of 15 bikes at www.recreation.ku.edu/fitness/cycling
4. Participants must have access to fitness center in order to participate in KU Fit classes.

