## Spring 2013 Schedule

### Monday, January 14th - Thursday, May 2nd

Jan 19th-21st, Feb 16th-18th, March 11th-15th and 29th-April 1st. No classes due to holidays.

### 272/274 Cycle Room

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<tbody>
<tr>
<td>11:30 am (30 min) Core &amp; More</td>
<td>6:15 am (45 min) Sunrise Yoga</td>
<td>7:15 am (45 min) R.I.P.P.E.D</td>
<td>6:15 am (45 min) Muscle Pump</td>
<td>6:15 am (45 min) Sunrise Yoga</td>
<td>10:00 am (45 min) StepFit</td>
<td>3:30 pm (90 min) *AcroYoga (Register online or at Guest Relations Desk)</td>
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<tr>
<td>12:15 pm (45 min) Yoga Renewal (Begin March 18)</td>
<td>11:45 am (45 min) Yoga Relax</td>
<td>4:00 pm (30 min) CYGA (Yoga)</td>
<td>4:00 pm (30 min) CYGA (Yoga)</td>
<td>12:00 pm (30 min) StepFit</td>
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<tr>
<td>4:30 pm (30 min) ZUMBA</td>
<td>4:30 pm (30 min) CYGA (Yoga)</td>
<td>4:45 pm (60 min) *Spring Break Boot Camp: (Register online or at Guest Relations Desk)</td>
<td>3:45 pm (45 min) Turbo Kick</td>
<td>3:30 pm (45 min) PiYo Strength</td>
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<td>5:45 pm (60 min) enCORE</td>
<td>6:00 pm (60 min) Turbo Kick</td>
<td>4:00 pm (60 min) Cardio Sculpt</td>
<td>4:45 pm (60 min) Turbo Kick</td>
<td>6:00 pm (45 min) Zumba</td>
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<tr>
<td>7:00 pm (30 min) ZUMBA</td>
<td>7:15 pm (45 min) ZUMBA</td>
<td>6:00pm (60 min) Cardio Kick!</td>
<td>20/20/20</td>
<td>enCORE</td>
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<tr>
<td>8:45 pm (60 min) Yoga Strength</td>
<td>8:30 pm (60 min) Beginners Swing</td>
<td>7:15 pm (45 min) Hip Hop</td>
<td>7:00 pm (30 min) enCORE</td>
<td>7:45 pm (45 min) Zumba</td>
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### 282 Cycle Room

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<tbody>
<tr>
<td>6:30 am (45 min) Wake Up &amp; Cycle</td>
<td>12:00 pm (45 min) Noon Cycle</td>
<td>6:30 am (45 min) Wake Up &amp; Cycle</td>
<td>6:30 am (45 min) Wake Up &amp; Cycle</td>
<td>6:30 am (45 min) Wake Up &amp; Cycle</td>
<td>11:00 am (45 min) Power Cycle</td>
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<tr>
<td>4:00 pm (30 min) CYGA (Cycle)</td>
<td>4:00 pm (30 min) CYGA (Cycle)</td>
<td>4:15 pm (45 min) Classic Rock Cycle</td>
<td>4:30 pm (45 min) *ViPR (Register online or at Guest Relations Desk)</td>
<td>5:15 pm (45 min) PiYo Strength</td>
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<tr>
<td>5:15 pm (45 min) Cycle Fit</td>
<td>5:30 pm (60 min) Row &amp; Ride</td>
<td>7:15 pm (60 min) CoreCycle (Cycle)</td>
<td>7:15 pm (45 min) Music Video Cycle</td>
<td>8:00 pm (45 min) Night Ride</td>
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<td>8:00 pm (45 min) Night Ride</td>
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### 130 Pilates Room

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<tr>
<td>6:15 am (45 min) Morning Reformer Pilates (Register online or at Guest Relations Desk)</td>
<td>4:30 pm (45 min) *ViPR (Register online or at Guest Relations Desk)</td>
<td>6:15 am (45 min) *Morning Reformer Pilates (Register online or at Guest Relations Desk)</td>
<td>4:30 pm (45 min) *ViPR (Register online or at Guest Relations Desk)</td>
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<td></td>
<td>5:30 pm (60 min) *Boxing (Register online or at Guest Relations Desk)</td>
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<td>5:30 pm (60 min) *Boxing (Register online or at Guest Relations Desk)</td>
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*Specialty classes (1st weeks: Jan 22nd through March 4th)
**Class Descriptions**

**Yoga Relax**
Level I
Yoga Relax is a class that is focused on breathing techniques and stretching to relax the mind, body, and soul through yoga practice. No need to have prior yoga experience; join the class at any time and experience the benefits of Yoga Relax.

**Sunrise Yoga**
Level I
Start your morning off bright and early in this guided class that will tone, stretch, and strengthen your body. You will leave this class with sustainable energy to carry you through the day. It is better than a cup of coffee!

**Yoga Renewal**
Level I
Refresh, relax, and rejuvenate with 45 minutes of Yoga Renewal. This low-intensity class is designed for exercisers who need to rest and recover from a hard week of exercise. You will leave this class feeling loose, energetic, and positive. Namaste!

**Yoga Strength**
Level II
This Vinyasa style yoga class stretches, strengthens, and tones the entire body. Vinyasa means “to flow with breath” and each pose flows into the next to balance and focus the mind and create energy. Basic yoga poses and sun salutations are combined to provide a well-rounded yoga class. Any member can attend; prior experience is not necessary.

**YoYo Strength**
Level II
YoYoTM Strength is the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and Yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced—either way you’ll get results! It’s a class unlike any you’ve ever tried before!

**ZUMBA**
Level II
Zumba is a fun, effective and simple fitness system inspired by Latin Dancing. It uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It targets areas such as gluts, legs, arms, and ABS! This program combines these fitness methods with hot and explosive Latin and exotic music rhythms and dance moves to create a fitness program that motivates everyone to be active, get in shape in fun “PARTY-LOVE” atmosphere and to return to the aerobic room for group fitness classes.

**Hip Hop**
Level II
A high-impact cardio workout that frees you to enjoy the sensation of dance. An addictive fusion of the latest dance styles (funk, hip-hop, R & B, house, street jazz) and the hottest new sounds puts as much emphasis on having fun as breaking a sweat. New dance moves are taught sequentially, making dance routines simple and easy to follow! This class is for everyone, with or without a dance background.

**Beginners Swing Dancing**
Level II
Swing dancing is a fun, high intensity workout that combines flexibility, strength, and especially cardiovascular activity into a fully synergistic workout. Dancers will participate in a fun and social environment while getting a great workout at the same time. The class will dance to classic swing music from the era and brand new swing music from current popular artists. All skill levels are welcome for the Beginners Swing. No prior dance experience is needed.

**Music Video Cycle**
Level II
This cycling class will keep you jammin’ with Top 40 music videos while pedaling your way through a great cardiovascular workout.

**Cycling from Noon**
Level II
Cycle the noon hour away! This class is designed to keep you motivated by the instructor, the people around you, and by the music. A great cardiovascular class during the day that allows you to get a workout in and get on with your day!

**CYGA**
Level III
A 60 minute session of cycling and yoga, fused into a continuous format where cardiovascular exercise, toning, and flexibility are balanced. Participants can expect light to moderate intensity levels at each class. Class begins with 30 minutes of cycling and ends with 30 minutes of yoga.

**20/20/20**
Level III
If you’re looking for a challenge, this three-in-one total body workout is just for you! Maximize your time at the gym with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning. Burn calories and build muscle in this hour long session that will make you sweat!

**Night Ride**
Level II
End your busy day with a relaxing, fun, and effective late-night ride. Together you travel on flat roads, climb hills, sprint and race! You are kept motivated by the instructor, the people around you, and the music. It is truly a fantastic cardiovascular class!

**Wake Up & Cycle**
Level III
Jump-start your morning with us and cycle your way to a great day. Indoor cycling with motivating music, videos, disco lights, and black lights, too! Pedal through a fun cardiovascular workout!

**R.I.P.P.E.D.**
Level III
The One Stop Body Shock™ is a “Platoeu Proof Fitness Formula” that helps you to create consistency, and challenge in each and every R.I.P.P.E.D. class. The components of R.I.P.P.E.D.—Resistance, Intervals, Power, Pyrometric, Endurance and Diet—help you train and maintain your physique in ways that are fun, safe, effective, and achievable. R.I.P.P.E.D. is tough yet doable; it will absolutely challenge your levels of fitness and endurance!

**Cardio Kick!**
Level III
Kickboxing moves that burn fat and build muscle. This total body tone-up infuses aerobics with martial arts and basic boxing moves. A great workout for toning the upper body, and shaping your legs and glutes. The only class at UND where it’s okay to kick the instructor!

**Cardio Sculpt**
Level III
A full body workout that will get your heart rate pumping and your muscles burning. This class blends cardiovascular conditioning and strength-training exercises to challenge anyone at any level using a variety of fitness equipment including the bagu ball.

**Turbo KickTM**
Level III
Kickboxing with an edge! This cardio interval based workout combines kickboxing, athletic drills and simple dance grooves, into a high energy routine set to the hottest dance music. Turbo Kick requires no equipment or previous experience. The killer music and great choreography make this class adaptable to any fitness level

**Classic Rock Cycling**
Level III
Looking for a group exercise class that rocks? Get your heart pumping while jumping, climbing, and sprinting to classic rock tunes during this 45 minute cycling class!

**Power Cycle**
Level III
Power up for 45 minutes of action packed cycling designed for those who are short on time but high on motivation. This class will involve a variety of cardio challenges, hills, varying speeds and resistance, and endurance segments. Get ready for a great ride!

**CoreCycle**
Level III
A cycling class for the “hardcore.” If you love indoor cycling but always wished you could get a core workout as well, this class is for you. Participants can expect moderate to vigorous intensity levels at each class. We start with 60 minutes of cycling and end with 15 minutes of core training. This is a total body workout that cannot be matched!

**Muscle Pump**
Level III
A group exercise class that combines free weights, barbells, and weighted body bars that is set to music in a circuit format. Start your morning strong by lifting weights the fun way!

**enCORE**
Level III
Looking for an abs workout that really works? Whether you are striving for a beach-ready six pack or just looking into toning your abs a bit, enCORE will get the job done. This low-impact, high-intensity class is designed to shape, tone, and strengthen your core. This is not your average abs class, if you are looking for a challenge this 30 minute session is for you!

**Row and Ride**
Level IV
Individuals at any fitness level can participate in this class; it may be tough but you can do it! Use of heart rate monitors is highly encouraged for this class. This accelerated cycling class is designed as a true cycling workout that incorporates rowing on Concept2 rowing machines to maximize your aerobic and anaerobic workout. Participants will train for hills and sprints on the bike and will strengthen specific core muscles by throwing down some meters on the ergs. Our goal is for you to leave this hour long class with a smile on your face and a better understanding of cardiovascular training.

**CyclingFit**
Level III
CyclingFit is a cycling class designed for riders seeking a challenging; anyone at any fitness level can try this class. This cardiovascular workout will increase your aerobic and anaerobic workout. Participants will train for hills and sprints on the bikes and will strengthen specific core muscles by throwing down some meters on the ergs.

**Core&More**
Level III
Don’t have a lot of time and want to make the most of your workout? Get, in get, fit, and be on your way in 30 minutes in this quick and intensive muscle strengthening, core training class.
Spring Break Bootcamp

This 6 week class is designed to get your body ready for spring break! Each class will incorporate a combination of cardio, strength, plyometrics, and flexibility all in one! In addition workout plans will be provided during the week to keep you on task and in ultimate condition! ADDED BONUS - This class will be taught by two experienced personal trainers!

Registration for the 1st six weeks begins on January 7th and runs through January 21st.

Meets: Wednesdays at 4:45pm (60 min).
Cost: $60.00

ViPR™

ViPR™ (“viper”) was created to allow exercise to be more purposeful and free. This piece of equipment may look like a humble rubber tube, but ViPR™ is an extremely effective training tool. ViPR™ weights will be carried, dragged, thrown, rolled, stepped on and flipped in this innovative Specialty Training class. ViPR™ provides its participants with a whole-body workout that, with hard work and dedication, produces results. Participants will build muscle and burn calories through strength and movement training. ViPR™ is suitable for all ages and abilities, with weights ranging from 4 kg to 10 kg.

Registration for the 1st six weeks begins on January 7th and runs through January 21st.
Make sure you sign up now to reserve your spot in the class.

Registration for the 2nd six weeks begins on March 5th and runs through March 17th.

Meets: Wednesdays at 4:45pm (60 min).
Cost: $60.00

Reformer Pilates

Reformer Pilates is a resistance class that is meant to strengthen the body without adding bulk. By focusing on alignment and the core muscles, it increases flexibility, mobility, balance, and body awareness. With Pilates you will learn to strengthen your spine and deep abdominal muscles, resulting in better posture. The top benefits people report from Pilates are becoming stronger, longer, leaner, and more able to do anything with grace and ease.

Registration for the 1st six weeks begins on January 7th and runs through January 21st.
Make sure you sign up now to reserve your spot in the class.

Registration for the 2nd six weeks begins on March 5th and runs through March 17th.

Meets: Tuesdays and Thursdays at 4:30pm (45 min)
Cost: $50.00
**Boxing**

Leave your leg warmers at home, because this is not your sister’s aerobics class! This beginner level boxing class covers the basics of boxing, perfects your technique, and prepares you for a more advanced class. You will learn to train like a boxer from punching, to core conditioning, to cardiovascular training. This six-week-long boxing session will challenge you both mentally and physically so you can walk away feeling stronger and more accomplished. Think you have what it takes? Then sign up! (This is non-contact boxing).

**Registration for the 1st 6 weeks begins on January 7th and runs through January 21st.**
Make sure you sign up now to reserve your spot in the class.

**Registration for the 2nd six weeks begins on March 5th and runs through March 17th.**

**Meets:** Tuesdays & Thursdays at 5:30pm (60 min)

**Cost:** $70.00

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**Formal Fitness**

Formal Fitness is a multi-dimensional group fitness class that is inspired by individuals preparing for special events and occasions, such as weddings, reunions, vacations, and more. Cardiovascular, strength, and core training are combined to enable you to get the most out of each session. Nutritional guidance (such as Culinary Corner recipes), information on de-stress techniques, and participant progress tracking sheets will be provided.

**Registration for the 2nd six weeks begins on March 5th and runs through March 17th.**

**Cost:** $35.00

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**AcroYoga**

AcroYoga is a class where elements of yoga and acrobatics are fused. Aspects of yoga—such as strength balance, and flexibility—are challenged and improved with the addition of partners into each asana.

**Registration for the 1st 6 weeks begins on January 7th and runs through January 21st.**
Make sure you sign up now to reserve your spot in the class.

**Registration for the 2nd six weeks begins on March 5th and runs through March 17th.**

**Meets:** Sundays at 3:30pm (90 min)

**Cost:** $40.00