<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<tbody>
<tr>
<td>6:00 AM</td>
<td><strong>INSANITY</strong> 60min Laura</td>
<td>Sunrise Yoga 45min Rachel</td>
<td><strong>INSANITY</strong> 60min Rachel</td>
<td>Sunrise Yoga 45min Rachel</td>
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<tr>
<td>7:00 AM</td>
<td>P90X 45min Steph</td>
<td></td>
<td>Tabata 30min</td>
<td>Tabata 30min</td>
<td>45min Mikaela &amp; Shawn</td>
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<tr>
<td>12:00</td>
<td>Barre 45min Maddie</td>
<td></td>
<td>Metcon Shred 45min</td>
<td>Barre 45min Maddie</td>
<td></td>
<td>ZUMBA 60min Tiffany</td>
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<tr>
<td>3:00</td>
<td></td>
<td></td>
<td>Cardio Sculpt 45min</td>
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<td>4:00</td>
<td></td>
<td></td>
<td>45min Lucia</td>
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<tr>
<td>5:00</td>
<td></td>
<td></td>
<td>ZUMBA 60min Abby</td>
<td>Tabata 30min</td>
<td>45min Mikaela &amp; Shawn</td>
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<tr>
<td>6:00</td>
<td>TONE 45min</td>
<td></td>
<td>WAR 45min</td>
<td>Cardio Kick! 45min</td>
<td>45min Tim</td>
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<tr>
<td>7:00</td>
<td>ViPR 45min</td>
<td></td>
<td>enCORE 30min</td>
<td>ViPR 45min</td>
<td>enCORE 30min</td>
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<tr>
<td>8:00</td>
<td>Yoga Strength 60min</td>
<td>Swing Dance 60min</td>
<td>Yoga Strength 60min</td>
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**Cycle Room 282**

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<th>Time</th>
<th>Monday</th>
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<tbody>
<tr>
<td>6:00 AM</td>
<td>Wake Up &amp; Cycle 45min Laura</td>
<td></td>
<td>Wake Up &amp; Cycle 45min</td>
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<tr>
<td>7:00 AM</td>
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<td>CYCLEexpress 45min</td>
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<td>Power Cycle 45min</td>
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<tr>
<td>5:00</td>
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<td>Spinsanity 45min</td>
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<td>Music Video Cycling 45min</td>
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<tr>
<td>7:00</td>
<td>Power Cycle 45min</td>
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<tr>
<td>8:00</td>
<td>Night Ride 45min</td>
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<td>Night Ride 45min</td>
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**Group Exercise Studio 130**

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<tbody>
<tr>
<td>7:00 AM</td>
<td>ZUMBA 60min</td>
<td>PiYo 45min</td>
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<tr>
<td>3:00</td>
<td>Yoga Relax 45min</td>
<td>Yoga Relax 45min</td>
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<td>4:00</td>
<td>TRX 45min</td>
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* No classes September 5th-7th due to Labor Day
* No classes November 26th-29th due to Thanksgiving
While yoga is a wonderful way to stretch and strengthen your body, there are many different types of exercise classes that can help you stay fit and healthy. Whether you are looking for a way to challenge your body, improve your cardiovascular fitness, or simply have fun with friends, there is an exercise class for everyone. Here are some examples of classes that you might enjoy:

### LEVEL 1

- **Yoga Relax**
  - Monday and Wednesday – 3:00pm (45 min)
  - Yoga Relax is focused on breathing techniques and gentle stretching to relax the mind, body, and soul. No need to have prior yoga experience, join the class at any time and experience the benefits of Yoga.
  - Limited to 40 participants. Participation is first-come-first-serve.

- **Sunrise Yoga**
  - Tuesday and Thursday – 6:00am (45 min)
  - 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 your day!
  - Limited to 40 participants. Participation is first-come-first-serve.

### LEVEL 2

- **Yoga Strength**
  - Thursday – 8:00pm (60 min)
  - This Vinyasa style yoga class stretches, strengthens, and tones the entire body. Vinyasa means “to flow with breath”. Basic yoga poses and sun salutations are combined to provide a well-rounded yoga class. Any member can attend; prior experience is not necessary.
  - Limited to 40 participants. Participation is first-come-first-serve.

- **Wake Up & Cycle**
  - Tuesday and Thursday – 6:00am (45 min)
  - Jump-start your morning and cycle your way to a great day. Indoor cycling with motivating music, videos, disco lights, and black lights, too!
  - Limited to 40 participants. Participation is first-come-first-serve.

- **Swing Dance**
  - Wednesday – 8:00pm (60 min)
  - 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 new swing music from current popular artists. All skill levels are welcome for the Beginners Swing. No prior dance experience is needed.
  - Limited to 50 participants. Participation is first-come-first-serve.

- **Cardio Sculpt**
  - Monday – 5:00pm (45 min)
  - TONE will hit each major muscle group with multiple repetitions and resistance, and endurance segments.
  - Limited to 20 participants. Participation is first-come-first-serve.

### LEVEL 3

- **ZUMBA®**
  - Monday – 7:00pm (60 min)
  - Tuesday – 5:00pm (60 min)
  - Sunday – 5:00pm (60 min)
  - ZUMBA is a fun, effective and simple fitness system inspired by Latin Dance. ZUMBA incorporates principles of interval training and resistance training to maximize caloric output, fat burning and total-body toning. It targets areas such as glutes, legs, arms, and ABS! This dance-fitness fusion creates a PARTY-like atmosphere that caters to all levels. It’s a class unlike any you’ve ever tried before!
  - Limited to 40 participants. Participation is first-come-first-serve.

- **TONE**
  - Monday and Thursday – 6:00pm (45 min)
  - TONE will hit each major muscle group with multiple repetitions to create a full body workout. The use of a barbell will friendly introduce all participants to basic lifts that can then be confidently executed on the weight floor. Great new friends and enjoy this upbeat, energizing, full body group exercises class.
  - Limited to 18 participants. Participation is first-come-first-serve.

- **MetCon Shred**
  - Wednesday – 4:00pm (45 min)
  - Are you ready for this? Three rounds of ten exercises that are specifically crafted to attack and depile your 3 energy systems: phosphogen, glycolytic, oxidative. What does this mean? Your body will produce a desired response that will make you feel better and get stronger.
  - Limited to 20 participants. Participation is first-come-first-serve.

- **ViPR®**
  - Monday & Wednesday 7:00pm (45 min)
  - ViPR (“viper”) was created to allow exercise to be more powerful and fun. 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.
  - Limited to 20 participants. Participation is first-come-first-serve.

- **Tabata**
  - Wednesday – 5:00pm (30 min)
  - Saturday – 12:00pm (50 min)
  - Tabata—also known as the “4 minute workout”—consists of 20 seconds of high intensity exercise followed by 10 seconds of rest in 4 minute intervals. Paired resistance training exercises are performed to energizing music. Get a great workout, improve your strength and cardiorespiratory fitness, and learn resistance training exercises in a challenging yet fun environment.
  - Limited to 25 participants. Participation is first-come-first-serve.
Morning Reformer Pilates
Monday & Wednesday – 6:15am (45 min)

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 first 6 week session begins on August 26 and runs through Sept 8, 2013. Classes start the week of Sept 9. Make sure you sign up now to reserve your spot in the class!

Cost: $75.00
Register:
Snap this QR Code or visit UND.edu/Wellness

Rise & Climb
Monday & Wednesday – 7:15am (60 min)

Rise & Climb is class inspired by rock climbing and is designed to teach its participants the basics of climbing in an encouraging, fun, and social environment. Muscular endurance, cardiovascular, and core training are combined to develop your climbing skills and improve fitness. With this, participants will spend time climbing, traversing, bouldering, and slacklining. Rise & Climb introduces participants to a new recreational activity that they will be able to enjoy throughout their lives. ADDED BONUS: this class is taught by a personal trainer and an experienced climber!

Registration for the first 6 week session begins on August 26th and runs through Sept 8, 2013. Classes start the week of Sept 9. Make sure you sign up now to reserve your spot in the class!

Cost: $75.00
Register:
Snap this QR Code or visit UND.edu/Wellness

Beginner’s Meditation Yoga
Tuesday – 7:15pm (45 min)

This 45 minute guided meditation class uses basic instruction to promote mind-body health. Breathing exercises are fused with yoga movements to relax the body and prepare for time of absolute stillness within the body and the mind. With simple instruction, this time will be devoted to training the mind on perception, living fearlessly, letting go, and finding inner motivation. Participants will learn through the powers of mindfulness and compassion to find inner calmness. Registration for the 6 week session begins on October 7 and runs through October 21, 2013.

Cost: $25.00
Register:
Snap this QR Code or visit UND.edu/Wellness