

FALL GROUP FITNESS 2021 SCHEDULE

CLASSES RUN AUG 29TH - DEC 11TH
NO CLASSES 9/6, 10/28 & 10/29 OR 11/24-11/28

MON

SPINNING

6:30am - Frank
Spin Studio

POWER YOGA

9am - Sarah
Mind/Body Room

HIIT

5pm - Emily
MPR 1

ZUMBA

5:15pm - Alex
MPR 2

SPINNING

6pm - Michelle
Spin Studio

POUND

6:15pm - Alex
Mind/Body Room

MAT PILATES

7pm - Michelle
MPR 2

TUES

MAT PILATES

5pm - Maria
Mind/Body Room

SPINNING

5:15pm - Susie
Spin Studio

YOGA

6pm - Maria
Mind/Body Room

WERQ

7pm - Kylee
MPR 2

EVENING YOGA & MEDITATION

8pm - Sarah
Mind/Body Room

WED

SPINNING

6:30am - Frank
Spin Studio

POWER YOGA

9am - Sarah
Mind/Body Room

URBAN KICK

5pm - Emily
MPR 1

SALSA

5:15pm - Alex
MPR 2

STRENGTH TRAINING

6pm - Maria
MPR 1

MERENGUE/ BACHATA

6:15pm - Alex
MPR 2

YOGA

7pm - Maria
Mind/Body Room

THUR

SPINNING

5:15pm - Susie
Spin Studio

HIIT

6pm - Vic
MPR 2

POUND

7pm - Alysa
Mind/Body Room

EVENING YOGA & MEDITATION

8pm - Sarah
Mind/Body Room

FRI

SPINNING

6:30am - Frank
Spin Studio

HIIT

5:15pm - Susie
MPR 1

SAT

POWER YOGA

11am - Sarah
Mind/Body Room

SUN

SUNSET YOGA

8pm - Sarah
SLUruba
(Mind/Body Room
rain/cold location)

REGISTER ONLINE*

*Registration is required to hold your spot. Registration opens 1 week before each class.

shopcampusrec.slu.edu

Classes are FREE for SLU
Students/Simon Rec Members!

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SAINT LOUIS UNIVERSITY
CAMPUS RECREATION AND WELLNESS

GROUP FITNESS CLASS DESCRIPTIONS

HIIT - High Intensity Interval Training (HIIT) mixes short bursts of all-out effort with a quick rest period, maximizing your workouts and improving your overall fitness. This class targets your cardiovascular and strength abilities in one single workout.

Urban Kick: Cardio Kickboxing - This dynamic class combines cardio kickboxing moves with high intensity athletic drills to improve functional strength and increased caloric burn. During this total body workout, you will punch, kick, squat, sprint and lunge your way to increased strength, power, speed and agility, and torch calories!

Merengue y Bachata - Having originated in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. Huge emphasis on styling is to be expected. For the second half of the semester, Bachata, an eight step count from the same country, will take center stage. A significant amount of time will be spent on how to communicate with subtle changes in your posture. Body language is key. No knowledge of Spanish is needed.

Mat Pilates - This mat class is based on exercises developed by Joseph T. Pilates, a physical therapy pioneer. By developing your core control, this class re-patterns, realigns your body to improve balance and coordination. Decompress your joints to improve circulation while promoting strength and flexibility.

Pound Fitness - Join us for this cardio jam session where you get to rock out using rip sticks - your own set of drum sticks. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Power Yoga - With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you'll quickly be out and moving on to the next asana. In Power Yoga you lift and hold your entire body's weight. These classes incorporate a serious number of Vinyasas, and they're going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

Salsa - This class is hot, spicy, and full of exotic Latin flavor. Learn steps and styling's of the hottest Latin dances. In addition to footwork, we will focus on connection, technique, and lead/follow skills. These patterns can be led socially at any salsa club around the world! Bring a partner or come alone but be ready to sweat! Singles Welcome!

Spinning - The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

WERQ Dance Fitness - WERQouts are designed to give you the best sweat with repetitive athletic moves and fresh dance steps. Your instructor will build a heart-pumping playlist featuring pop and hip hop music. Each week new choreography is introduced, so you can continue to challenge yourself in this cardio dance fitness class.

Yoga - These traditional yoga classes will practice postures to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Come ready to stretch, breathe and get centered.

Zumba - This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your total body. You'll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.