

Longwood University February 2012 Group Fitness Schedule

BE A LONGWOOD

BALANCER

renew. refuel. refresh.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lankford Student Union approved for posting.	*Please arrive 5-10 minutes early to all group fitness classes! If you are more than 5 minutes late, you will not be permitted to participate due to safety concerns.	1 7-8am Core Spin-Susan 11:15am-12pm Kickboxing-Angie 12:15-12:45pm Lower Body Sculpt-Alison 3-4pm Yoga-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	2 7-8am Power Yoga-Eleanor 12:15-1pm Pilates-Eleanor 5-5:30pm Core Training-Lauren 5:30-6:30pm Spin-Susan 6:45-7:45pm Drop in Circuit-Topher	3 12:15-1pm Zumba-Anne 2-2:45pm H2O Aerobics-Eleanor 3-3:50pm Zumba-Jaclyn	4
5	6 7-8am Core Spin-Susan 12:15-12:45pm Upper Body Sculpt-Jaclyn 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	7 7-8am Yoga-Eleanor 12:15-1pm Zumba-Anne 4-4:45pm Spin-Angie 5:30-6:30pm Body Sculpt-Lauren 6:45-7:45pm Drop in Circuit-Topher	8 7-8am Core Spin-Susan 11:15am-12pm Kickboxing-Angie 12:15-12:45pm Lower Body Sculpt-Alison 3-4pm Yoga-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	9 7-8am Power Yoga-Eleanor 12:15-1pm Pilates-Eleanor 5-5:30pm Core Training-Lauren 5:30-6:30pm Spin-Susan/Jessi 6:45-7:45pm Drop in Circuit-Topher	10 12:15-1pm Zumba-Anne 2-2:45pm H2O Aerobics-Eleanor 3-3:50pm Zumba-Jaclyn	11 2-2:45pm Spin-Alison/Jessi
12 7-8pm Partner Yoga-Eleanor	13 7-8am Core Spin-Susan 12:15-12:45pm Upper Body Sculpt-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	14 7-8am Yoga-Alison 12:15-1pm Zumba-Anne 4-4:45pm Spin-Angie 5:30-6:30pm Body Sculpt-Lauren 6:45-7:45pm Drop in Circuit-Topher	15 7-8am Core Spin-Susan 11:15am-12pm Kickboxing-Angie 12:15-12:45pm Lower Body Sculpt-Jaclyn 4-6pm GROOVE AND LOVE YOUR BODY-Guest Instructor!!!!	16 7-8am Power Yoga-Eleanor 12:15-1pm Pilates-Eleanor 5-5:30pm Core Training-Lauren 5:30-6:30pm Spin-Susan/Jessi 6:45-7:45pm Drop in Circuit-Topher	17 12:15-1pm Zumba-Anne 2-2:45pm H2O Aerobics-Eleanor 3-3:50pm Zumba-Jaclyn	18
19	20 7-8am Core Spin-Susan 12:15-12:45pm Upper Body Sculpt-Jaclyn 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	21 7-8am Yoga-Eleanor 12:15-1pm Zumba-Anne 4-4:45pm Spin-Angie 5:30-6:30pm Body Sculpt-Lauren 6:45-7:45pm Drop in Circuit-Topher	22 7-8am Core Spin-Susan 11:15am-12pm Kickboxing-Angie 12:15-12:45pm Lower Body Sculpt-Alison 3-4pm Yoga-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	23 7-8am Power Yoga-Eleanor 12:15-1pm Pilates-Eleanor 5-5:30pm Core Training-Lauren 5:30-6:30pm Spin-Susan/Jessi 6:45-7:45pm Drop in Circuit-Topher	24 12:15-1pm Zumba-Anne <u>NO H2O AEROBICS TODAY!</u> 3-3:50pm Zumba-Jaclyn	25 2-2:45pm Spin-Jessi
26	27 7-8am Core Spin-Susan 12:15-12:45pm Upper Body Sculpt-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	28 7-8am Yoga-Eleanor 12:15-1pm Zumba-Anne 4-4:45pm Spin-Angie 5:30-6:30pm Body Sculpt-Lauren 6:45-7:45pm Drop in Circuit-Topher	29 7-8am Core Spin-Susan 11:15am-12pm Kickboxing-Angie 12:15-12:45pm Lower Body Sculpt-Jaclyn 3-4pm Yoga-Alison 5:30-6:30pm Boot Camp-Shannon 6:45-7:45pm Zumba-Brittany	*All Longwood Students, Faculty, and staff are welcome to take these classes free of charge!	**All H2O classes are in Willett Pool	

Class Descriptions

Body Sculpt- We will work to tone, improve endurance and increase balance and flexibility through a variety of resistance training drills. All fitness levels welcome.

Boot Camp- Get ready for an intense, heart pumping, fun workout filled with fast-paced athletic drills. Be prepared for awesomeness!

Core Spin® – Add a new twist to your usual spinning class. We begin with a heart pumping 40 minute ride and end with 15 minutes of core strengthening exercises. All fitness levels .

Core Training – Get ready for a 30 minute class focused on the total strength and stability of the abdominals and back muscles. No choreography. All fitness levels welcome.

Drop In Circuit- Drop into the circuit room for a full body workout! Go through the circuit once, twice, three times or as many times as you would like! All fitness levels welcome.

GROOVE and Love Your Body-GROOVE classes are dance classes designed for EVERYONE where you learn really simple moves inspired from a variety of dance styles and then you get to DANCE them your own way. Dance for the health of it!

H2O Aerobics- The same challenge as our land based classes with little impact on your joints. The resistance of the water will enable you to strengthen muscles, improve endurance and increase flexibility in a relatively impact-free environment.

Kickboxing- A high-energy workout based on kickboxing moves and drills. Learn to punch and kick with the best of them. Expect moderate to challenging choreography. All fitness levels welcome.

Lower Body Sculpt - This 30 minute Body Sculpt class will develop and maintain lower body muscular strength and conditioning. This class focuses specifically on the lower body. Expect little choreography. All fitness levels welcome.

Partner Yoga-Looking for a fun new way to experience yoga? Try partner yoga! Bring a friend or meet one there! Experience traditional poses with a twist and a little help from a friend. All fitness levels welcome.

Pilates – If you're looking for an innovative way to strength train and improve your balance, flexibility and coordination, Pilates is the answer! Pilates encourages the development of control and core strength and our mat-based class will help increase your fitness level while adding an element of relaxation to your day.

Power Yoga – Known as the aerobics of yoga, power yoga involves dynamic flow from one pose to the next. This is a faster paced style of yoga that will strengthen you both mentally and physically! Intended for an intermediate fitness level.

Spin-A variety of drills provide a challenging cardiovascular workout. Great for all levels as each participant controls his/her own intensity by adjusting speed and resistance.

Upper Body Sculpt - This shortened Body Sculpt class will develop and maintain muscular strength and conditioning. This class focuses specifically on the upper body. Expect little choreography. All fitness levels welcome.

Yoga – This class is both energizing and relaxing. You will be lead through a flowing sequence of postures promoting increased strength, balance, endurance and flexibility while centering your mind and body. All fitness levels welcome.

Zumba-“Ditch the Workout, Join the Party!” Latin and International music are combined to motivate participants as they move and groove to get fit. No dance experience required!

To request accommodations for a disability or for any questions, comments, or concerns, please contact Alison Stamper, Fitness Coordinator, 434-395-2336, stamperam@longwood.edu.