

**AB BLAST** It is all in the name! 30 minutes of abdominal, lower back, and core body strength training. All levels welcome!

**AB BLAST FAST** Part of the new QUICK FIT SERIES, this class will pack all the work of a regular AB Blast class into a 20 - minute format!

**BOSU BONUS** Need to add a little something EXTRA to your daily workout routine? In only 20 minutes Bosu Bonus can give you the additional cardio, strength, or core training you need to avoid the muscle memory plateau! Each week you can expect a different class with one thing in common - the BOSU!

**CARDIOBOX** Basic yet intense boxing fundamentals combined with jump rope and plyometric techniques to condition the entire body. Set to high intensity music with lots of energy. Get ready to burn those calories!

**CARDIOEXPRESS** Need to get your fitness in a flash? Try this QUICK FIT class and through its high intensity format burn as many calories as you do in your standard one-hour routine!

**FIT DANCE** A class combining dance moves from the styles of latin, ballroom, hip hop, and rock and roll into heart-pumping challenging and fun routines.

**INTERVAL CALORIE TRAINING (ICT)** Research has recently proven interval training is as effective for burning calories as long endurance based workouts. Join Sam for a non-stop workout that will include alternating segments of cardiovascular and strength training with brief segments of recovery!

**JAZZ FIT** This class uses the basics of a traditional jazz class to strengthen and tone. A thorough warm up, skills and technique progressions, and flexibility and core training are perfect for any dancer's body from advanced to very beginner.

**KICKBOXING** This is a non-contact kickboxing class utilizing basic kicks and punches. Designed as a total body workout, this class will make you sweat! Elevate your heart rate as you jab, punch, and kick your way through class!

**KETTLEBELL COMBO** Learn the basics of training with kettlebells in this QUICK FIT SERIES class. Tailored to a variety of abilities, this class will break the plateau of everyday training, so come swing a weight and feel great!

**PILATES** This class will focus on improving your flexibility, posture, stamina, and overall strength through controlled movements and coordinated breathing. Pilates will focus on the abdominals, lower back, buttocks, hips, and thighs.

**PIYO STRENGTH** A movement system which combines yoga and Pilates. PiYo is a strenuous technique that involves the stretching and strengthening of all the body's major muscle groups, creating a slender, streamlined shape rather than bulk. It enhances posture with its main focus being to strengthen the core postural muscles.

**POWER HOUR/90** Looking to mix it up each week, while still experiencing a heart pumping, fat burning workout no matter what you do? Then join Sam or Alaina for a different class each week! They will put you through an intense workout with a wide variety of exercises in the arsenal!

**SPIN** This class combines a foundation of basic cycling with motivational coaching, breathing, and heart rate training. Participants can burn an average of 500 calories in 45 minutes. All fitness levels are welcome, come along for the ride.

**EXTREME SPIN** This extended studio cycling class is perfect for the experienced Spinner. Extra minutes will equal extra endurance, extra calories, and extra strength.

**SPIN 30** Looking for the benefits of Spinning in a shorter class format? Spin 30 will cover the traditional elements of a spin class in only 30 minutes - less time, more intensity!

**SPORT CONDITIONING** A high intensity group class that will bring back your competitive edge. Focus on developing agility, power, strength, and endurance with drills influenced by various sports.

**TAI CHI** Tai chi is an ancient meditative exercise that improves body and mind. It is an effective slow-motion movement technique that reduces tension, anxiety and stress. It aids the respiratory function, the immune system and promotes general health benefits.

**TURBOKICK** This "party atmosphere" class maximizes your workout with ab-sculpting moves and fat burning cardio! A unique blend of intense intervals and endurance training, perfectly choreographed to motivating music! TurboX will take it to the next level with a 90 minute class!

**ASHTANGA FLOW YOGA** Based on the classical Ashtanga sequences, this class is aimed at creating heat, strength, and flexibility. Focusing on breath, energy, concentration, and movement, this class concludes with deep relaxation.

**YOGA** Iyengar yoga is a form of hatha yoga that teaches correct alignment of the spine and limbs in all the poses. Once this balance is created in the body it will be reflected in the mind.

**POWER YOGA** Power Yoga is a vigorous, fitness-based approach to Vinyasa (breath-synchronized) Yoga. This class uses a varying sequence of postures or asanas to free both the mind and body with an emphasis on strength, flexibility & flow, allowing individuals to modify or intensify postures as needed.

**RESTORATIVE YOGA** By supporting the body with props, we encourage the body and mind to move toward balance. Restorative poses create specific physiological responses beneficial to health and stress reduction.

**YOGA FIT** This class focuses on muscular development through traditional yoga postures in a flowing format. It is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

**ZUMBA** A fusion of Latin and International music and dance themes create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

# GROUP FITNESS

## Fall 2012

### Schedule

# August 27



**Questions? Contact**  
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# POWER CENTER FALL 2012 GROUP FITNESS SCHEDULE



## Fitness & Wellness Programs



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
<b>MAIN STUDIO</b>		<b>10 - 10:50 AM</b> Zumba w/ Sara		<b>10- 10:50 AM</b> Jazz w/ Victoria			
		11 - 11:50 AM Lyrical Ballet w/ Vicky	<b>11 - 11:50 AM</b> PIYO Strength w/ Emily				
		<b>12:10- 12:30 PM</b> CardioExpress w/ Sam	<b>12:20 - 12:50 PM</b> Ab Blast w/ Sam	<b>12:10 - 12:30 PM</b> Kettlebell Combo w/ Sam	<b>12:10- 12:30 PM</b> Ab Blast Fast w/ Gabby		
		<b>12:30- 12:50 PM</b> Ab Blast Fast w/ Sam		<b>12:30 - 12:50 PM</b> CardioExpress w/ Sam	<b>12:30- 12:50 PM</b> Kettlebell Combo w/ Gabby		
	<b>1 - 1:20 PM</b> Bosu Bonus w/ Gabby	<b>1 - 1:50 PM</b> Pilates w/ Sam	<b>1 - 1:50 PM</b> Interval Calorie Training (ICT) w/ Sam	<b>1 - 1:50 PM</b> Pilates w/ Sam	<b>1 - 1:50 PM</b> FIT Dance w/ Daiana	<b>Saturday 1 - 1:30 PM</b> Ab Blast w/ Angela	
	<b>1:20 - 1:40 PM</b> Kettlebell Combo w/ Gabby		<b>2 - 2:50 PM</b> Jazz w/ Vicky			<b>Saturday 1:30- 2:30 PM</b> Turbokick w/ Angela	
		<b>4 - 5 PM</b> CardioBox w/ Amy	<b>4 - 5 PM</b> PIYO Strength w/ Angela	<b>4 - 5 PM</b> CardioBox w/ Amy			
		<b>4:30 - 5:30 PM</b> Sport Conditioning w/ Sam * McCloskey Field	<b>5 - 5:20 PM</b> Ab Blast Fast w/ Sam	<b>5 - 5:30 PM</b> Ab Blast w/ Sam *4th Floor			
	<b>5 - 6 PM</b> Turbokick / Sarah F.	<b>5:30 - 6 PM</b> Ab Blast w/ Sam *McCloskey Field	<b>5:30 - 5:50 PM</b> Kettlebell Combo w/ Sam	<b>5:30- 6:30 PM</b> Interval Calorie Training (ICT) w/ Sam			
	<b>6 - 7 PM</b> PIYO Strength w/ Emily	<b>6 - 7 PM</b> FIT Dance w/ Daiana	<b>6 - 7 PM</b> Turbokick w/ Sarah G.				
	<b>7 - 8:30 PM</b> Power 90 w/ Sam	<b>7 - 8 PM</b> Zumba w/ Allie	<b>7 - 8 PM</b> Power Hour w/ Alaina	<b>7 - 8 PM</b> Turbokick w/ Sarah F.		<b>SUNDAY 7 - 7:30 PM</b> Ab Blast w/ Heather	
		<b>8 - 9 PM</b> Pilates w/ Sam	<b>8 - 9 PM</b> Zumba w/ Christine	<b>8 - 9 PM</b> Jazz Fit w/ Vicky			
	<b>YOGA STUDIO</b>		<b>6:45 - 7:45 AM</b> Ashtanga Flow Yoga w/ Jen			<b>6:45 - 7:45 AM</b> Ashtanga Flow Yoga w/ Jen	
		<b>12 - 1 PM</b> Yoga w/ Stephanie		<b>12 - 1 PM</b> Yoga w/ Stephanie	<b>12 - 1 PM</b> Power Yoga w/ Amy G.		<b>SATURDAY 12 - 1 PM</b> Power Yoga w/ Amy G.
<b>1 - 1:50 PM</b> Tai Chi w/ Holly			<b>1 - 1:50 PM</b> Tai Chi w/ Holly				
		<b>5 - 6:15 PM</b> Restorative Yoga w/ Jen		<b>5 - 6:15 PM</b> Ashtanga Flow Yoga w/ Jen			
<b>6 - 7 PM</b> Yoga Fit w/ Hillary							
<b>SPINNING STUDIO</b>			<b>6:45 - 7:30 AM</b> Spin w/ Liz				
	<b>12:10 - 12:50 PM</b> Spin w/ Gabby	<b>12:10- 12:50 PM</b> Spin w/ Joe		<b>12:10 - 12:50 PM</b> Spin w/ Joe		<b>SATURDAY 12 - 1 PM</b> Spin w/ Catherine	
			<b>4 - 4:50 PM</b> Spin w/ Gabby		<b>4 - 4:50 PM</b> Spin w/ Liz		
	<b>5:30 - 6 PM</b> Spin 30 w/ Julie		<b>5:30 - 6 PM</b> Spin 30 w/ Julie				
	<b>6 - 7 PM</b> Spin w/ Liz	<b>6 - 7 PM</b> Spin w/ Dave		<b>6 - 7 PM</b> Spin w/ Dave		<b>SUNDAY, 6 - 6:50 PM</b> Spin w/ Heather	
	<b>7 - 8 PM</b> Extreme Spin w/ Catherine	<b>7 - 8 PM</b> Spin w/ Heather	<b>7 - 8 PM</b> Extreme Spin w/ Catherine	<b>7 - 8 PM</b> Extreme Spin w/ Catherine			