

RUDOLF FITNESS CENTER FITNESS CLASS SCHEDULE

The below classes are only offered during the school year
to register for these classes go to:

<http://www.gonzaga.edu/Athletics/Rudolf-Fitness-Center/FitnessClasses/default.asp>

****Each Class is just \$10 unless listed otherwise****

THESE CLASSES ARE BEING OFFERED MONDAY-THURSDAY SEPTEMBER 9-13

TRX® BEGINNER WORKSHOP – Interested in what TRX is but not sure if it's for you? Want to enroll in a TRX class at GU but haven't yet? *THEN THIS WORKSHOP IS FOR YOU!* This one day workshop will focus on and break down the TRX Suspension Trainer by going through the 6 sins, key aspects, how to make the workout work best for YOU as well as the main groups of exercises you will be performing in GU's 50 minute TRX Beginner, Intermediate and Advanced classes.

****Class is FREE! Please call or stop by the RFC to sign up for a spot****

ADULT LEARN-TO-SWIM – This class is for those who want to increase their confidence in the water and learn the basics of swimming. It will be centered on increasing water comfort while learning basic freestyle, side breathing, floating, and backstroke! This class is intended for those with little to no experience in the water. **Instructor: Tori**

Required for class: Swim Suit, Goggles, Towel, and Water Bottle

Mondays 5:10-6:00 PM Wednesdays 5:10-6:00 PM

ADVANCED STROKE AND CONDITIONING - This class is for advanced swimmers and will feature a coach-lead workout tailored to class ability. Watch your lap swimming improve through technique coaching and challenging workout variety!

Instructor: Jacob

Note: *Swimmers in this class should be able to complete a 100 yard swim (2 laps) and demonstrate freestyle and backstroke (or breaststroke) prior to beginning class.*

Required for class: Swim Suit, Goggles, Towel, and Water Bottle

Tuesdays 6:00-7:15 AM Thursdays 6:00-7:15 AM

AQUA ZUMBA® - Just like its dry counterpart, this class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind class that will blow you away. The routines feature interval training sessions where fast and slow rhythms and water resistance are combined to tone and sculpt your body while burning fat. **Instructor: TBA**

Required for class: Swim Suit, Towel, and Water Bottle

Tuesdays 5:10-6:00 PM Thursdays 5:10-6:00 PM

BEGINNING YOGA - This class will teach you the basics of yoga. You will focus on flexibility, balance, strength, and posture while gaining enhanced vitality and sense of well-being. **Instructor: Jocelyn**

Required for class: Yoga Mat

Mondays 5:10-6:00pm Wednesdays 5:10-6:00pm

CORE & STRENGTH – This intense class sculpts, shapes and tones your body focusing on the most important area... YOUR CORE by using a multitude of equipment and your own body weight for resistance. **Instructor: Haley**

Required for class: Water Bottle & Towel

Tuesdays 5:10-6:00pm Thursdays 5:10-6:00pm

CPR/AED AND FIRST AID FOR THE PROFESSIONAL RESCUER – This class will run from 9/16-9/30. This class will prepare attendees to provide basic first aid and respond to cardiac emergencies according to the American Red Cross CPR/AED and First Aid for the Professional Rescuer course. ****Students MUST attend all classes to complete the certification. Fee: \$40 for certification.** **Instructor: Tracey**

Required for class:

Mondays AND Wednesdays 5:00-6:30 PM

INTERMEDIATE SWIM STROKE REFINEMENT – This class is for beginning to intermediate swimmers who would like to refine their stroke to be more efficient swimmers. This class will be focused on improving freestyle and backstroke technique and building up to swimming multiple laps at a time. Breaststroke and butterfly will also be introduced and improved upon. If your goal is to improve your stroke to be able to do a full swim workout, then this is the class for you!

Instructor: TBA

Note: *Swimmers in this class should be able to complete a 25 yard swim (1 length) prior to beginning class.*

Required for class: Swim Suit, Goggles, Towel, and Water Bottle

Tuesdays 4:10-5:00 PM Thursdays 4:10-5:00 PM

LIFEGUARDING/CPR/AED/FIRST AID – This class will run 9/16-11/16. This class will train attendees to respond to aquatics emergencies, complete first aid, perform CPR, and use an AED, according to the American Red Cross Lifeguard/First Aid course. Upon passing, students will hold a Red Cross certification in Lifeguarding/First Aid/CPR/AED. Students must be able to swim 300 yards (demonstrating both freestyle and breaststroke), tread water for 2 minutes using only legs, and retrieve a 10lb brick from 7-10 feet before beginning the course. ****Students MUST attend all classes to complete the certification. Fee: \$130 for certification and American Red Cross Lifeguard Manual.** **Instructor: Tracey**

Required for class: Swim Suit, Goggles, Towel, and Water Bottle

Mondays AND Wednesdays 5:00-6:30 PM

