## 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 BottleTuesdays6:00-7:15 AMThursdays

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

6:00-7:15 AM

5:10-6:00pm

5:10-6:00pm

**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** 

<u>Required for class: Yoga Mat</u> Mondays 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* 

Thursdays

Wednesdays

Tuesdays 5:10-6:00pm

**CPR/AED AND FIRST AID FOR THE PROFESSIONAL RESCUER** – <u>This class will run from 9/16-9/30.</u> 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** – <u>This class will run 9/16-11/16</u>. 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** 

#### certification and American Red Cross Lifeguard Manual. Instructor: Trace Required for class: Swim Suit, Goggles, Towel, and Water Bottle

Mondays AND Wednesdays 5:00-6:30 PM

## RUDOLF FITNESS CENTER FITNESS CLASS SCHEDULE

**POWER YOGA** - This class will help you develop your yoga skills WHILE sweating through a great workout. You will focus on flexibility, balance, strength, and posture while raising your heart rate. Instructor: Greta

Required for class: Yoga Mat & a Towel

7:10-8:00pm Tuesdays

Thursdays 7:10-8:000pm

R.I.P.P.E.D. – a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every class. This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of **R.I.P.P.E.D.**--- <u>Resistance, Intervals, Power, Plyometrics and Endurance (martial arts/kickboxing</u>) to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Instructor: Claire Required for class: Water Bottle & a Towel 6:10-7:00pm Wednesdays 6:10-7:00pm Mondays

TRX® -TRX® is a complete total body training tool that helps all levels of athletes, military personnel and FITNESS BUFFS take their performance to the next level! In our classes you will perform hundreds of functional exercises while using the TRX suspension system which will help you build strength, flexibility, core stability, and endurance. Instructors: Kerri, Jordan, Haley & Scott Required for class: a Water Bottle & a Towel. Suggested for class: Yoga mat

Beginning TR	X: must have taken the TRX Beginning Worl	kshop to attend	
Mondays	12:10-1:00 PM Instructor: Haley	Wednesdays	12:10-1:00 PM Instructor: Jordan
Mondays	4:00-4:50 PM Instructor: Jordan	Wednesdays	4:00-4:50 PM Instructor: Haley
Tuesdays	5:00-5:50 PM Instructor: Scott	Thursdays	5:00-5:50 PM Instructor: Scott
Intermediate	TRX: must have taken at least ONE session	of Beginning TRX or	have instructor approval before first class
Tuesdays	4:00-4:50 PM Instructor: Jordan	Thursdays	4:00-4:50 PM Instructor: Jordan
Advanced TR	X: must have taken TRX classes for an entire	e semester or have ir	nstructors approval before first class
Tuesdays	12:10-1:00 PM Instructor: Kerri	Thursdays	12:10-1:00 PM Instructor: Kerri
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X-BIKING (Indoor Mountain Bike Experience) - The interval based, X-Biking rides will call on your entire body. Your upperbody musculature, legs, core abdominal and stabilizer structures, neuromuscular and cardiovascular systems are all activated delivering functional fitness benefits that exceed any group cycling program ever created. d far alaga, Matar Dattle 9 a Tawal

Required for cia	ss: water bottle &	<u>a Towel</u>					
Mondays	12:10-12:50 PM	Instructor: Connor	Mondays	5:10-5:50 PM Instructor: Haley			
Tuesdays	12:10-12:50 PM	Instructor: Claire	Tuesdays	5:10-5:50 PM Instructor: Connor			
Wednesdays	12:10-12:50 PM	Instructor: Connor	Wednesdays	5:10-5:50 PM Instructor: Haley			
Thursdays	12:10-12:50 PM	Instructor: Claire	Thursdays	5:10-5:50 PM Instructor: Connor			
ADVANCED	X-BIKING	You may only enroll in A	dvanced if you ha	ve taken an X-Biking class from Jose previously OR if			
you have taken X-Biking for at least 2 sessions and would REALLY like a challenge. Instructor: Jose							
Fridays	12:10-1:00 PM						
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**ZAG-CAMP** – Gonzaga's version of Bootcamp, the super popular total body workout where you move from exercise to exercise quickly and efficiently using your own body weight, dumbbells, physioballs, medicine balls, you name it - we use it! This class will make every muscle tight and toned while you sweat your problem areas away. Instructor: Scott Required for class: Water Bottle

Mondays	12:10-12:50 PM	Wednesdays	12:10-12:50 PM
Tuesdays	6:10-7:00 PM	Thursdays	6:10-7:00 PM

ZUMBA® - 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 resistance training are combined to tone and sculpt your body while burning fat. Instructor: Mariel Required for class: Water Bottle Wednesdays 7:10-8:00 PM

Mondays

## 7:10-8:00 PM

### Interested in Private or Semi-Private Swim Lessons?

Available for students, faculty, staff, and family members of all ages! Contact Tracey Holman at Holman@athletics.gonzaga.edu

## WE ARE ON FACEBOOK! FIND US AT:

http://www.facebook.com/GonzagaRFCandFitness

"Like" us to find out more about class closures, postponed classes, registration, fun pictures of our classes, tips and tricks, fitness and health links and other general RFC information!