

PERSONAL TRAINING



Your Goals. Our TRAINERS. MAXIMUM RESULTS!

Multiple packages available—you can even bill it to your bursar!

Visit recsports.indiana.edu to learn more.

SPECIAL SESSIONS

Love group exercise and want a little more variety? *Special sessions don't require registration, but make a reservation at signup.rs.iu.edu to guarantee your place. All sessions are included with the cost of your RS membership.*

90's Cardio Dance

Sunday, January 22, 3:30-4:15 pm
Location: SRSC MS1

Cycle & Circuit

Sunday, February 5, 10:30-11:45am
Location: SRSC CF Studio & SRSC CS Studio

Power Hour

Saturday, February 18, 11:00am-12:00pm
Location: SRSC MS3

Intro to Power Yoga

Saturday, February 25, 11:00am-12:00pm
Location: SRSC MS3

Trekking Long Run

Saturday, March 24, 11:00am-12:00pm
Location: SRSC S&C

Finals Week Restorative Yoga

Sunday, April 29, 1:30-2:30pm
Location: SRSC MS3



**CIRCUITSTRENGTH, CYCLEFIT,
YOGA, PILATES, PILATES REFORMER**

Series I: 1/16 - 3/11

Series II: 3/19 - 4/29

Try everything free 1/9 - 1/15!

Visit recsports.indiana.edu for schedules & more information.

YOUR SPRING 2012 **RS** POCKET GUIDE TO
FITNESS & WELLNESS



INDIANA UNIVERSITY
RS RECREATIONAL
SPORTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM			Boot Camp-45.MS1		Strength Core-45.MS3		
7:30AM	Trekking-45.S&C ☐		Trekking-45.S&C ☐				
9:00AM			Zumba-45.MS3				
9:15AM						Step II-45.MS3	
9:30AM		Cardio Sculpt-45.MS3		Strength Core-45.MS3			
10:15AM						Core-30.MS3	
11:15AM						Trekking-45.S&C ☐	
11:30AM						Zumba-45.MS1	
12:15PM	F/S Strength Core-45.HP171 Body Bar Strength-45.MS3	F/S Zumba-45.HP171	F/S Strength Core-45.HP171 Strength Core-45.MS3	F/S Core Stretch-45.HP171	F/S Cardio Sculpt-45.HP171 Strength Core-45.MS3		
12:30PM						Strength Core-45.MS3	
12:45PM		Trekking-45.S&C ☐					
1:15PM			Cardio Kickboxing-45.MS3		Trekking-45.S&C ☐ Zumba-45.MS3		
1:30PM						Cardio Kickboxing-45.MS3	
3:45PM		Step I-45.MS3		Step I-45.MS3			Body Bar Strength-45.MS3
4:15PM	Step Strength II-75.MS1		Step Strength II-75.MS1		Step I/II-45.MS1		
4:30PM		Cardio Hip Hop-45.MS1		Power Strength-60.MS1			Core-30.MS1
4:45PM		Core-30.MS3		Core-30.MS3	Strength Core-45.MS3		
5:15PM					Zumba-45.MS1		Cardio Kickboxing-45.MS1
5:30PM	F/S DWE-45.HP Royer Pool Core-30.MS3	F/S DWE-45.HP Royer Pool Power Strength-60.MS1	F/S DWE-45.HP Royer Pool	F/S DWE-45.HP Royer Pool Step II-45.MS3			
5:45PM	Zumba-45.MS1		Zumba-45.MS1	Cardio Kickboxing-45.MS1	Cardio Kickboxing-45.MS3		
6:15PM	Cardio Core-60.MS3						Zumba-45.MS1
6:30PM	Trekking-45.S&C ☐	Trekking-45.S&C ☐	Trekking-45.S&C ☐	Trekking-45.S&C ☐ Core-30.MS3			
6:45PM	Boot Camp-45.MS1	DWE-45.CBAC Step I-45.MS1 Cardio Core-60.MS3	Cardio Core-60.MS1	DWE-45.CBAC Cardio Hip Hop-45.MS1			
7:15PM							Strength Core-45.MS1
7:30PM	DWRun-45.CBAC Cardio Kickboxing-45.MS3		DWE-45.CBAC				
7:45PM	Strength Core-45.MS1	Cardio Kickboxing-45.MS1		Cardio Sculpt-45.MS1			
8:00PM			Cardio Kickboxing-45.MS1				
8:15PM			Cardio Sculpt-45.MS3				
8:30PM	Step I-45.MS3						
8:45PM	Cardio Hip Hop-45.MS1	Core-30.MS1		Zumba-45.MS1			
9:00PM			Cardio Hip Hop-45.MS1				
9:15PM		Cardio Sculpt-45.MS3					
9:30PM		Zumba-45.MS1					

Sessions are listed by: session name - length in minutes, leader, location

LEGEND:

CBAC - Counsellman/Billingsley Aquatic Center (SRSC)

DWE - Deep Water Exercise

F/S - Faculty/Staff sessions

HP - Health, Physical Education, & Recreation building next to WIC

MS - Multi Sport Gym (SRSC)

S&C - Strength & Conditioning Area (SRSC)

WANT VARIETY?

BUY A PUNCH CARD!

- Yoga
- Pilates (mat)
- CycleFit
- CircuitStrength

Choose your format, and attend when it fits your schedule.

Visit recsports.indiana.edu for schedules & more information.