



# SUMMER TWO GROUP EXERCISE SCHEDULE

No extra registration fee with your valid IU ID or RS membership card - Just drop in!

Summer 2011 • Valid June 20 - August 14, 2011 Sessions will not meet on Monday, July 4 due to the holiday.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday		
6:30 a.m.		Cardio Sculpt-45.Kellin.MS3		Cardio Sculpt-45.Sharyn.MS3			6:30 a.m.		
10:30 a.m.						Cardio Core-60.Maryanne.MS1	10:30 a.m.		
11:45 a.m.						Strength Core-45.Maryanne.MS1	11:45 a.m.		
12:15 p.m.	F/S Strength Core-45.Kellin.HP171	F/S Step & Stretch-45.Telesha.HP171	F/S Strength Core-45.Zach.HP171	F/S Cardio Sculpt-45.Kelsey.HP171	F/S Core Stretch-45.Kellin.HP171		12:15 p.m.		
12:30 p.m.		Trekking-45.Kelsey.S&C		Trekking-45.Catherine.S&C			12:30 p.m.		
2:30 p.m.					Strength Core-45.Kelsey.MS1		2:30 p.m.		
3:15 p.m.						Cardio Kickboxing-30.Telesha.MS3	3:15 p.m.		
3:30 p.m.					Step I-45.Clare.MS1		3:30 p.m.		
4:00 p.m.	Step Strength II-75.Sharyn.MS1		Step Strength II-75.Jackie.MS1			Strength Core-45.Telesha.MS3	4:00 p.m.		
4:15 p.m.									
4:30 p.m.		Strength Core-45.Clare.MS1	Cardio Sculpt-45.Kelsey.MS3	Step Core I-45.Clare.MS3	Boot Camp-45.Jared.MS1		4:30 p.m.		
5:00 p.m.						Cardio Core-60.Kellin.MS3	5:00 p.m.		
5:15 p.m.							5:15 p.m.		
5:30 p.m.	F/S DWE-45.Alex.HP Royer Pool Power Strength-60.Jared.MS1	F/S DWE-45.Zach.HP Royer Pool Step III-60.Heidi.MS1	F/S DWE-45.Zach.HP Royer Pool Boot Camp-45.Jared.MS1 Cardio Kick & Stretch-60.Sharyn.MS3	F/S DWE-45.Alex.HP Royer Pool Cardio Kickboxing-45.Patricia.MS1	<p><b>ALL SESSIONS REQUIRE NO EXTRA FEE OR REGISTRATION!</b></p> <p>Turn over for session descriptions.</p> <p> Call Member Services at 855.7772 or go online to <a href="http://signup.rs.iub.edu">signup.rs.iub.edu</a> to reserve your treadmill for Trekking sessions.</p> <p>Treadmills are available for reservation 24 hours in advance of the session and close one hour prior to the session start time</p> <p>Legend:  <b>MS</b>- Multi Sport Gym (SRSC)  <b>S&amp;C</b>- Strength &amp; Conditioning Area (SRSC)  <b>CF Studio</b>- CycleFit Studio (SRSC)  <b>CBAC</b>- Counsilman/Billingsley Aquatic Center (SRSC)  <b>HP</b>- HPER  <b>DWE</b>- Deep Water Exercise  <b>F/S</b>- Faculty/Staff sessions</p>		5:30 p.m.		
5:45 p.m.									5:45 p.m.
6:15 p.m.									6:15 p.m.
6:30 p.m.			Cardio Core-60.Kellin.MS1	Strength Core-45.Patricia.MS1					6:30 p.m.
6:45 p.m.	Cardio Core-60.Kellin.MS1 Trekking-45.Kaitlyn.S&C	DWE-45.Cara.CBAC Core-30.Heidi.MS1	Strength Core-45.Cayla.MS3 Trekking-45.Catherine.S&C	DWE-45.Zach.CBAC					6:45 p.m.
7:00 p.m.	Cardio Hip Hop-45.Cayla.MS3								7:00 p.m.
7:30 p.m.				Cardio Hip Hop-45.Cayla.MS1					7:30 p.m.
7:45 p.m.		Cardio Kickboxing-45.Cara.MS1							7:45 p.m.
8:00 p.m.	Core-30.Cayla.MS3								8:00 p.m.



Visit [RECSports.INDIANA.EDU](http://RECSports.INDIANA.EDU) for more group exercise session descriptions and additional information.

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SCHOOL OF HEALTH, PHYSICAL EDUCATION,  
AND RECREATION  
Recreational Sports is a division of the  
School of HPER.



## GROUP EXERCISE SESSION DESCRIPTIONS

### TREKKING

Go online to [signup.rs.iub.edu](http://signup.rs.iub.edu) or call Member Services at 812.855.7772 to reserve your treadmill for Trekking sessions.

Treadmills are available for reservation 24 hours in advance of the session and close one hour prior to the session start time. Participants must arrive on time or risk losing reserved treadmill to walk-in participants.

**Trekking-45:** Combine the best of group exercise with the challenge of interval training. Our leader coaches you through a combination of hill and speed intervals on the treadmill that are varied to achieve personal health and fitness success. Fantastic for walkers and runners alike.

### WATER

*Buoyancy belts are provided.*

**Deep Water Exercise-45:** Experience the benefits of non-weight bearing exercise. A combination of cardio intervals and strength exercises round out this interactive session.

### CARDIO CORE

**Cardio Core-60:** Your favorite core session combined with 30 min. of simple cardio combos choreographed to music to create a complete workout. The level of intensity is what you make it!

### CARDIO KICKBOXING

**Cardio Kickboxing-30/45:** Designed to introduce technique and basic movements such as jabs, crosses, and kicks. Great for the new participant or those looking for a quick and effective workout.

**Cardio Kick & Stretch-60:** The perfect combination workout, involving 40-45 min. of cardio kickboxing moves and finishing with relaxing full body stretching to increase your flexibility.

### CONDITIONING

**Boot Camp-45:** Achieve your fitness goals with this high-energy, drill-based, interval session! Your agility, strength, cardiovascular fitness and core stabilization will be challenged through body-weight and equipment-based drills led by our motivating leaders.

### DANCE

**Cardio Hip Hop-45:** A spin off of our popular Hip Hop-45, this session provides continuous cardio using current music and Hip Hop moves. Come ready to dance and sweat. If you like Zumba, you'll love this one too!

### STEP

**Step I-45:** New to step? This session's for you. A cardiovascular workout using the step bench with simple and fun moves choreographed to music.

**Step Core I-45:** This time-efficient session combines two favorites: basic level-one step moves and effective core exercises that you'll love.

**Step & Stretch-45:** This basic step session provides 30 minutes of cardio using the step bench and then wraps it all up with 15 minutes of effective stretching to send you on your way relaxed!

**Step Strength II-75:** Our intermediate level Step II session with 20-25 minutes of strengthening and stretching for the complete workout!

**Step III-60:** Our advanced step session, here we pull out all the stops! If you love intricate choreography, this one's for you. Being quick on your feet or some previous experience with step is recommended.

### STRENGTH, FLEXIBILITY, & BALANCE

**Core-30:** A favorite of our participants, this session focuses on all the muscles to improve overall strength and posture, decrease back pain, and increase stabilization.

**Core Stretch-45:** This combines our popular Core format with 15-20 min. of relaxing and effective stretching techniques that will increase your range of motion and leave you feeling stress-free.

**Strength Core-45:** Want a full body toning experience? This session targets every major muscle group using weights, stability balls and resistance tubes, spending extra time focusing on the core muscles.

**Cardio Sculpt-45:** The ultimate cardio and strength workout! This session will incorporate interval training to keep your heart rate elevated while giving you a full-body strength workout at the same time. This session is meant for those who are looking for a challenge. Come ready to work!

**Power Strength-60:** Our intermediate/advanced strength session, this quick-paced, jam-packed hour focuses on muscular endurance while maintaining an elevated heart rate.

# Group Exercise



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Summer Two 2011

Valid: 6/20 - 8/14

**In town this summer – get an RS Summer Student Membership.**

Students not taking summer courses who are not paying the student activity fee may purchase a summer membership for \$53.37. With a RS membership, all group exercise sessions require no extra fee!

[recsports.indiana.edu](http://recsports.indiana.edu)

