

PERSONAL TRAINING



**JUMP START YOUR WORKOUT
WITH A PERSONAL TRAINER.**

Multiple packages available—visit recsports.indiana.edu to learn more.

LIKE VARIETY? YOU'LL LOVE OUR PUNCH CARD OPTION.

Choose the number of **CIRCUITSTRENGTH, CYCLEFIT, YOGA, PILATES** and **PILATES REFORMERS** sessions right for you and attend when it fits your schedule.

More flexibility.

More cost effective.

More ways to fit us into your day.

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



**CIRCUITSTRENGTH, CYCLEFIT,
YOGA & PILATES**

Series I: 9/5 - 10/23

Series II: 10/24 - 12/11

Try everything free 8/29 - 9/4!

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YOUR FALL 2011 **RS** POCKET GUIDE TO FITNESS & WELLNESS



INDIANA UNIVERSITY
**RECREATIONAL
SPORTS**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:30 a.m.			Strength Core-45.MS3		Cardio Sculpt-45.MS3		6:30 a.m.
7:00 a.m.				Strength Core-45.MS3			7:00 a.m.
7:30 a.m.	Trekking-45.S&C		Trekking-45.S&C				7:30 a.m.
8:00 a.m.	Cardio Core-60.MS3		Step I-45.MS3				8:00 a.m.
9:00 a.m.		Cardio Sculpt-45.MS3					9:00 a.m.
9:30 a.m.						Step II-45.MS3	9:30 a.m.
10:15 a.m.		Strength Core-45.MS3		Cardio Kickboxing-45.MS3	Step I-45.MS3		10:15 a.m.
10:30 a.m.						Core-30.MS3	10:30 a.m.
11:15 a.m.						Trekking-45.S&C Body Bar Strength-45.MS3	11:15 a.m.
12:15 p.m.	F/S Zumba-45.HP171 Strength Core-45.MS3	F/S Strength Core-45.HP171	F/S Step & Stretch-45.HP171 Body Bar Strength-45.MS3	F/S Strength Core-45.HP171	F/S Core Stretch-45.HP171 Cardio Sculpt-45.MS3	Zumba-45.MS1	12:15 p.m.
12:45 p.m.		Trekking-45.S&C		Trekking-45.S&C			12:45 p.m.
1:30 p.m.						Cardio Kickboxing-45.MS3	1:30 p.m.
2:00 p.m.		Cardio Kickboxing-45.MS3		Cardio Core-60.MS3			2:00 p.m.
2:45 p.m.					Cardio Core-60.MS1		2:45 p.m.
3:30 p.m.		Strength Core-45.MS1		Strength Core-45.MS1			3:30 p.m.
4:00 p.m.	Step Strength II-75.MS3		Step Strength II-75.MS3		Step I/II-45.MS1		4:00 p.m.
4:15 p.m.						Core-30.MS3	4:15 p.m.
4:30 p.m.	Cardio Core-60.MS1	Step I-45.MS1	Cardio Kickboxing-45.MS1	Step I-45.MS1			4:30 p.m.
4:45 p.m.		Cardio Kickboxing-45.MS3					4:45 p.m.
5:00 p.m.					Strength Core-45.MS1		5:00 p.m.
5:15 p.m.						Cardio Kickboxing-45.MS1	5:15 p.m.
5:30 p.m.	F/S DWE-45.HP Royer Pool Cardio Kick & Stretch-60.MS3	F/S DWE-45.HP Royer Pool Power Strength-60.MS1	F/S DWE-45.HP Royer Pool Zumba-45.MS1	F/S DWE-45.HP Royer Pool Strength Core-60.MS1	Cardio Kick & Strength-75.MS3		5:30 p.m.
5:45 p.m.	Strength Core-45.MS1	Step III-60.MS3		Cardio Core-60.MS3			5:45 p.m.
6:15 p.m.						Zumba-45.MS1	6:15 p.m.
6:30 p.m.	Trekking-45.S&C	Trekking-45.S&C	Trekking-45.S&C Boot Camp-45.MS1	Trekking-45.S&C			6:30 p.m.
6:45 p.m.	Step I-30.MS1	DWE-45.CBAC Zumba-45.MS1		DWCore-45.CBAC			6:45 p.m.
7:00 p.m.	Hip Hop-45.MS3	Body Bar Strength-45.MS3		Zumba-45.MS1 Cardio Kickboxing-45.MS3			7:00 p.m.
7:30 p.m.	DWRun-45.CBAC Boot Camp-45.MS1		DWE-45.CBAC Strength Core-45.MS1				7:30 p.m.
7:45 p.m.		Cardio Core-60.MS1					7:45 p.m.
8:00 p.m.	Cardio Core-60.MS3				Step Core I-45.MS3 Core-30.MS1		8:00 p.m.
8:15 p.m.			Cardio Kickboxing-45.MS3				8:15 p.m.
8:30 p.m.	Core-30.MS1		Step I-45.MS1				8:30 p.m.
8:45 p.m.				Hip Hop-45.MS1			8:45 p.m.
9:15 p.m.	Zumba-45.MS1 Cardio Kickboxing-45.MS3	Hip Hop-45.MS3	Cardio Core-60.MS3				9:15 p.m.

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



NEW THIS FALL!

CHECK OUT OUR PILATES REFORMERS!

Pilates Reformers offer a complete strength & flexibility workout challenging every muscle in the body. Equipment is adaptable for participants at every level.

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