### GROUP EXERCISE SCHEDULE

#### TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY
---|---|---|---|---|---|---|---
6:45-7:30 am | Indoor Cycling  
Chris (RM 126) | | | | | | |
10:30–11:30 am | | | | | | | |
12:05-12:55 pm | Pilates  
Marian (RM 115) | Yoga  
Denise (RM 115) | Butts N’ Guts  
Marian (RM 115) | ZUMBA  
Marian (RM 125) | | Dance Fit  
Tiffany (RM 125) | |
12:05-12:55 pm | R.I.P.P.E.D  
Katie (RM 126) | Horizontal Boot Camp  
Marian (RM 126) | Indoor Cycling  
Katie (RM 126) | Cardio Kick  
Sandi (RM 126) | Tai Chi  
Ron (RM 126) | |
3:30-4:30 pm | Butts N’ Guts  
Donna (RM 125) | R.I.P.P.E.D  
Katie (RM 125) | Yoga  
Denise (RM 125) | Dance Fit  
Sandi (RM 125) | | |
3:30-4:30 pm | Step  
Marian (RM 125) | Pilates  
Marian (RM 125) | Body Sculpt  
Marian (RM 125) | Yoga  
Andrew (RM 115) | Butts N’ Guts  
Sandi (RM 125) | |
5:00-6:00 pm | Core Strength  
Sandi (RM 126) | Core Strength  
Liz (RM 126) | Core Strength  
Chelsea(RM 126) | Core Strength  
Cindy(RM 125) | | |
5:00-5:15 pm | Core Strength  
Sandi (RM 126) | Core Strength  
Liz (RM 126) | Core Strength  
Chelsea(RM 126) | Core Strength  
Cindy(RM 125) | | |
5:30-6:30 pm | Horizontal Boot Camp  
Sandi (RM 126) | Indoor Cycling  
Liz (RM 126) | Piloxing  
Chelsea (RM 126) | Dance Fit  
Cindy (RM 125) | | |
6:15-6:30 pm | Core Strength  
Chelsea(RM 125) | Core Strength  
Cindy (RM 125) | Core Strength  
Tiffany (RM 125) | | Butts N’ Guts  
Cindy (RM 125) | |
6:45-7:45 pm | Piloxing  
Chelsea (RM 125) | Butts N’ Guts  
Cindy (RM 125) | Step  
Tiffany(RM 125) | Boot Camp  
Cindy (RM 125) | | |
8:00-8:15 pm | Core Strength  
Sandi (RM 125) | Core Strength  
Cindy (RM 125) | | | | |
8:30-9:30 pm | Yoga  
Sandi (RM 125) | Dance Fit  
Cindy(RM 125) | | | | |

Class Descriptions can be found on the back of this page or by visiting the RFW website at [www.usi.edu/rfw](http://www.usi.edu/rfw)

For additional information, please call the RFC @ 461-5268
RFW Group Exercise Classes and Descriptions

**Body Sculpt**: A combination of upper and lower body exercises used to strengthen and tone all major muscle groups using a variety of equipment.

**Boot Camp**: This sports conditioning based class is targeted for all levels. It focuses on agility, speed, power and strength while using a variety of techniques and exercise equipment.

**Butts-N-Guts**: A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

**Cardio Kick**: A challenging, intense, Tae-Bo® like cardio workout that utilizes kicks and punches to give you the ultimate kickboxing workout.

**Core Strength**: Tone and strengthen your abs and low back with this intense 15-minute workout.

**Dance Fit**: A fun-filled workout to recent music releases... Pretend you are out with your friends at the club dancing it up – sweat and get an excellent workout!

**Horizontal Boot Camp**: Combines kick-butt cardio moves with some amazingly challenging Horizontal moves for the most intense boot-camp in town. Get all the benefits of a Horizontal class (lean, tone muscles, a strong and defined core) with the added bonus of bone strengthening high intensity cardio.

**Indoor cycling**: A class designed to increase cardiovascular fitness and leg strength. A great break from a normal running routine.

**Pilates**: A series of non-impact exercises to develop strength, flexibility, balance and inner awareness.

**Piloxing**: Mixes Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape. Experience the transformation as you attain a sleek, sexy and powerful self-image.

**R.I.P.P.E.D**: Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet

**Step**: A variety of basic and new step movements are intermixed to provide a fun cardio workout.

**Tai-Chi**: The relaxed approach to physical fitness! This ancient martial art practice, sometimes referred to as “meditation in motion”, is a series of slow, gentle movements that can improve balance, flexibility, and muscular endurance; a great way to reduce stress and lower blood pressure.

**Yoga**: A traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures and breathing techniques.

**ZUMBA**: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system 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.