**GROUP FITNESS SCHEDULE**

**SPRING 2016**

**EFFECTIVE MARCH 7**

<table>
<thead>
<tr>
<th>Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Circuit Training</td>
<td>Spin/Core</td>
<td>Total Body Toning</td>
<td>HIIT Bootcamp</td>
<td>Yoga Pilates</td>
<td>Zumba®</td>
<td>Zumba®</td>
</tr>
<tr>
<td></td>
<td>Veronika</td>
<td>Deeba</td>
<td>Arianne</td>
<td>Lonely</td>
<td>Patti</td>
<td>Abby</td>
<td>Alana</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>HIIT Kick</td>
<td>Spin/Core</td>
<td>Total Body Toning</td>
<td>HIIT Bootcamp</td>
<td>Zumba®</td>
<td>Boot Camp</td>
<td>Boot Camp</td>
</tr>
<tr>
<td></td>
<td>Kelly</td>
<td>Charlotte</td>
<td>Taylor</td>
<td>Sadie</td>
<td>Veronika</td>
<td>Caitlyn</td>
<td>Kelly</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Total Body Toning</td>
<td>Yoga Pilates</td>
<td>Total Body Toning</td>
<td>Circuit Training</td>
<td>Boot Camp</td>
<td>Boot Camp</td>
<td>Meditation</td>
</tr>
<tr>
<td></td>
<td>Aria</td>
<td>Zumba®</td>
<td>Taylor</td>
<td>Veronika</td>
<td>Caitlyn</td>
<td>Megan</td>
<td>Elena</td>
</tr>
<tr>
<td></td>
<td>Charlotte</td>
<td>Abby</td>
<td>Zumba®</td>
<td>Deeba</td>
<td>Megan</td>
<td>Megan</td>
<td>Nicole</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>15-min Abs</td>
<td>HIIT Bootcamp</td>
<td>15-min Abs</td>
<td>POOL</td>
<td>Spine</td>
<td>15-min Abs</td>
<td>15-min Abs</td>
</tr>
<tr>
<td></td>
<td>Charlotte</td>
<td>Sadie</td>
<td>Aria</td>
<td>Hydropower</td>
<td>Emily</td>
<td>Deeba</td>
<td>Charlotte</td>
</tr>
<tr>
<td>12 p.m.</td>
<td>POOL</td>
<td>Spine</td>
<td>15-min Abs</td>
<td>Vinyasa Yoga</td>
<td>Zumba®</td>
<td>Zumba®</td>
<td>Zumba®</td>
</tr>
<tr>
<td></td>
<td>Hydropower</td>
<td>R.I.P.P.E.D.®</td>
<td>Stef</td>
<td>Barre Burn</td>
<td>Abby</td>
<td>Boot Camp</td>
<td>Abby</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lexi</td>
<td></td>
<td>Gordon</td>
<td>Spin</td>
<td>Camp*</td>
<td>Spin</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Vinyasa Yoga</td>
<td>Circuit Training</td>
<td>Vinyasa Yoga</td>
<td>Boot Camp</td>
<td>Elizabeth</td>
<td>Meditation</td>
<td>15-min Abs</td>
</tr>
<tr>
<td></td>
<td>Megan</td>
<td>Taylor</td>
<td>Arianne</td>
<td>Megan</td>
<td>Megan</td>
<td>Erika</td>
<td>Charlotte</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Zumba®</td>
<td>Zumba®</td>
<td>15-min Abs</td>
<td>POOL</td>
<td>Spin</td>
<td>15-min Abs</td>
<td>15-min Abs</td>
</tr>
<tr>
<td></td>
<td>Czarina</td>
<td>Zumba®</td>
<td>Elliott</td>
<td>Hydropower</td>
<td>Emily</td>
<td>Deeba</td>
<td>Charles</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>R.I.P.P.E.D.®</td>
<td>R.I.P.P.E.D.®</td>
<td>Spin</td>
<td>Vinyasa Yoga</td>
<td>Zumba®</td>
<td>Total Body Toning</td>
<td>Zumba®</td>
</tr>
<tr>
<td></td>
<td>Lexi</td>
<td>Taylor</td>
<td>Elliott</td>
<td>Aria</td>
<td>Alana</td>
<td>Toning</td>
<td>Alana</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>POOL</td>
<td>POOL</td>
<td>Spine</td>
<td>Zumba®</td>
<td>Megan</td>
<td>Boot Camp</td>
<td>15-min Abs</td>
</tr>
<tr>
<td></td>
<td>Hydropower</td>
<td>Hydropower</td>
<td>Emily</td>
<td>Abby</td>
<td>Elliott</td>
<td>Megan</td>
<td>Fally</td>
</tr>
</tbody>
</table>

*Group Fitness classes require a current fitness membership and are filled on a first-come, first-served basis. For the most up to date schedule, including class changes and cancellations visit play.binghamton.edu*

*Classes are 30 minutes.  updated 2.24.16*
OUR GOAL
Our goal is to offer you a training experience with awesome music and the group fitness energy. Our enthusiastic and dedicated group fitness
instructors provide a safe, fun and effective program aimed at educating you about total body fitness, health and wellness while helping you achieve
your fitness goals. We will show you proper form in order to get every last ounce of benefit from your workout.

You will love the way you feel — energized, healthy and happy!

OUR INSTRUCTORS
All instructors are experienced and certified Binghamton University students. Each instructor brings his or her own unique background and interests;
therefore, classes are diverse and styles may vary depending on the instructor. Try them all!

Find a class and instructor that best fits your goals and get a great workout!

OUR CLASSES
Classes are rooted in a team spirit approach with emphasis on fitness form and function. Classes are taught at the intermediate level, showing
modifications for all fitness levels ensuring that everyone has a positive experience. Classes incorporate the best of a full body strength program
— agility, speed, cardiovascular conditioning, core exercises, flexibility training and de-stressing methods — giving you a balanced and complete
workout!

You can do it; we will help!

SPIN AND HYDROPWATER REGISTRATION
Class sizes are limited; therefore we recommend you pre-register to reserve a spot in advance. Reserved spots are only held until the start of class;
members not present at the start of class will lose their spot. Remaining spots will be filled with participants on the wait list first, then walk-ins. If
you cannot attend a class you have signed up for, please call to cancel your spot. Bring a water bottle. To reserve a spot for a spin class, you may
either:

• Pre-register: e-mail FitSpace at exercise@binghamton.edu up to a day in advance OR check in at FitSpace up to 15 minutes before a class
begins. Pre-registered members have first priority for a bike in that class.
• Walk-in: check in at the spin room EG-22 or pool before class for remaining spots to be filled on first-come, first-served basis.

PLEASE NOTE THE FOLLOWING:
• Most classes are 50 minutes in length, open to student, faculty, staff and community fitness members.
• Classes are offered on a first-come first-served basis.
• You must have your University ID card to check-in to class.
• Daily guest passes are available, see front desk for details.
• Be on time for class. Due to safety concerns and the importance of warming up, late participants will not be allowed into class.
• Bags, books and coats must be stored in cubbies or lockers, but only for that specific class. For safety reasons, items cannot be left on the floor.
• Athletic attire is required at all times. Participants must also wear appropriate sneakers during all group fitness classes. Jeans, boots and sandals are not
allowed. Athletic attire with zippers or sharp objects are not allowed in classes using the BOSU or stability ball.

CARDIO
HIIT Kick
Kick, jab, punch and squat your way to fitness in this high energy interval class — powered by you

CARDIO/STRENGTH COMBINATION
Circuit Training
Interval stations of cardio, athletic training, tabata, agility, strength training and results!
R.I.P.P.E.D.®
Resistance, Intervals, Power, Plyometrics, Endurance, and Diet-right HERE, right NOW
HIIT Boot Camp
Ultimate fat burning cardio and strength training challenge using all the “toys” for max results

SPIN
Spin
Get the best fat burning, music pumping sweat here! See you on a bike
Spin/Strength
Kick spin class up a notch by adding weight sets into the ride, maximizing your caloric burn and toning your arms

STRENGTH TRAINING
15-min Abs
6 packs happen here—15 fast and effect min focusing on core muscles-proven results — group motivated
Booty Boot Camp
Sculpt, lift and tone for the best backside results in 30 min!
Barre Burn
Pilates and ballet fusion for transformed hips, thighs, back and core — you’re gonna love it
Total Body Toning
Tone and define your whole body beautiful using free weights — get strong, get empowered

YOGA/PILATES
HIIT Yoga:
High intensity interval training for strength and cardio, ending with a well deserved yoga stretch
Vinyasa Yoga
Come take a deep breath and experience a synchronized flow of poses — ahhh
Yoga Pilates
Get amazing results infusing yoga, pilates, calisthenics, gymnastics and dance — all bare foot
PiYo LIVE®
Pilates + Yoga + nonstop movement = best body sculptng workout!
Restorative Yoga/Meditation
A gentle, relaxing, slower-paced yoga ending with a guided meditation

DANCE
Zumba®
Easy to follow dance moves. Ditch the workout—join the party! Get fit. Get happy.

AQUA
Hydropower
45 min. drills/stations for cardio, muscular strength and flexibility with pool toys; swimming skills are not
necessary, personal floatation devices are available for use if desired. Swimsuit required, bring your own towel.

CLASS DESCRIPTIONS
Consider cross training! Experience all of the options offered: Cardio/ Strength, Spin, Strength Training, Yoga/Pilates, Dance and Aqua.

CLASS SIZE LIMITS
EG-106: 42
EG-24: 33
EG-22: 19
Spin — Hydra/BOSS 24