

Recreational Sports Group Fitness Program

Spring 2008 - January 28th - May 9th

All facilities will be closed on March 21-23, 2008.

CONTACT INFORMATION >www.recsports.umn.edu >Fitness Programs Office 612.624.4544 >aerobic@umn.edu

University Recreation Complex-MINNEAPOLIS

MINNEAPOLIS CLASS LOCATION DESIGNATORS

All Aerobics/Muscle classes are held in the North Gym unless otherwise noted
All Yoga / Pilates classes are held in Cooke Hall 308 unless otherwise noted
All Indoor Cycling classes are held in the South Courts Corridor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 am	Spin	Spin Sweatshop	The Ride	Spin CSI	Spin		
7:45 am	Yoga Flow	FitYoga	Kundalini Yoga	FitYoga	Pilates		
10:15 am						Cardio Dance (CH 308) The Ride	
11:00 am	Spin Express (45)		Spin Express (45)				
11:15 am	Cardio Lite (35) Yoga 101 (30) *6wks* (Jan 28-Mar 7)	Spin 101 (30) *6wks* (Jan 28-Mar 7)	Cardio Lite (35)				
12:00 pm	Muscle 101 (45) Spin Yoga Flow	TNT Spin	Muscle 101 (45) The Ride Pilates	TNT Yoga Flow	The Ride	Spin	Boxing
12:15 pm		Gentle Yoga			Gentle Yoga		
12:30 pm				Spin	Sweatshop		
3:30 pm	ButtsNGuts (45)		ButtsNGuts (45)	BTB (30)			
4:00 pm		Complete Core (30)					
4:15 pm				Complete Core (30)			
4:45 pm	CSI (75) (1/28-3/31) *Complete Conditioning (75) (4/1-5/9)	HEAT (75)	CSI (75) (1/28-3/31) *Complete Conditioning (75) (4/1-5/9)	Spin			
5:00 pm	Spin Boxing (CH308)		Spin Gentle Yoga		Boxing High Gear (75) Yoga Flow		HEAT (75) Yoga Flow (90)
5:15 pm		Sweatshop		Step Challenge			
6:15 pm	High Gear (75)		HEAT (75)				

ST. PAUL Gymnasium

ST. PAUL CLASS LOCATION DESIGNATORS

All Aerobics, Muscle, and Pilates classes are held in the 3rd Floor studio unless otherwise noted
All Yoga classes are held in the Upper Multi-Purpose room unless otherwise noted
All Indoor Cycling classes are held in the Lower Multi-Purpose Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 am	Sweatshop FitYoga	Spin Express (45)	Sweatshop FitYoga	TNT The Ride Express (45) Kundalini Yoga		
9:30 am						Pilates (UMPR) Boxing *The Ride (through Mar 29)
12:00 pm	Pilates Kundalini Yoga Spin	Kundalini Yoga (Studio)	CSI Yoga Flow The Ride	Pilates	Cardio Dance Yoga Flow	
1:15 pm					ButtsNGuts (45)	
5:30 pm	Kundalini Yoga (75)	Spin	Step Challenge Yoga Flow (75) The Ride		GrooviLates (75)	
6:00 pm		CSI (75) (1/28-3/31) *Complete Cond. (4/1-5/9)				

* The Ride on Saturdays will be held through Saturday, March 29, 2008

* Complete Conditioning will be held outside, weather permitting.

PLEASE NOTE: All classes are subject to cancellation if participation numbers are consistently less than 4.

FREE WEEK = JAM WEEK: January 28-Feb 3: All classes on the schedule are FREE!

There will be a modified schedule for Spring Break: March 15-23, 2008 (TBA)

All classes are 60 minutes, unless otherwise noted in parenthesis

For further information about the Department of Recreational Sports Fitness Programs, please visit our website at www.recsports.umn.edu or contact the Fitness Programs Office at 612-624-4544 or aerobic@umn.edu.

FEE STRUCTURE SPRING 2008

Group Fitness
One Pass, Any Class!



	Daily PASS	Semester FITPASS
Fee-paid members	\$5	\$50
Non fee-paid members	\$8	\$70

Schedule and class descriptions are posted at the Department of Recreational Sports website: www.recsports.umn.edu/fitness/groupfitness