

CRU-FIT

CAMPUS REC

FITNESS/WELLNESS

GROUP FITNESS

CLASS

SCHEDULE

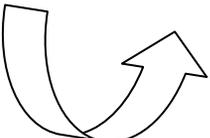
**Phone: 295-5529
OR 295-5576**

**All Classes are
FREE to UMHB
students,
faculty & staff.**

**Cru-FIT classes are held in the
Aerobic Room at the Mayborn
Campus Center behind the
Fitness Center front desk.
CycleFIT spinning classes
take place in the Spin Room
below the stairs in the
Recreation Gym.**

SPRING 2009



<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>
12:05 to 12:50 Zumba Fitness	12:05 to 12:50 Body Sculpt	12:05 to 12:50 Zumba Fitness	12:05 to 12:50 Body Sculpt	
3:30 p.m. CRU-Crunch	3:30 p.m. CRU-Crunch	3:30 p.m. CRU-Crunch	3:30 p.m. CRU-Crunch	3:30 Cru-Crunch
4:15 p.m. KickBoxing	4:15 p.m. Power Pilates	4:15p.m. KickBoxing	4:15 p.m. Power Pilates	4;15 CycleFIT
5:15 to 6:00pm Cru-Crunch &Pump	5:15 p.m. Zumba Fitness	5:15 to 6:00pm Cru-Crunch &Pump	5:15 p.m. Zumba Fitness	<i>See Reverse Side for Class Descriptions</i>
5:15p.m. CycleFIT spinning	8:00 to 8:45 p.m YOGA	5:15p.m. CycleFIT spinning	8:00 to 8:45 p.m. YOGA	

UMHB Cru-Fit

Group Exercise Class Descriptions

CRU CRUNCH: ALL ABS WELCOME!

This class lasts 20 to 25 minutes and is filled with a variety of traditional and non-traditional exercises to target all muscles having to do with your core, including your abs, obliques and the muscles of your back. Your instructor will use motivating music to keep things fun, and you will be finished before you know it. Whether you're trying to get rid of that spare tire, or striving for the ultimate 6 Pack, this class will get you on your way!

Yoga: Begin your day with a great class of Yoga! Yoga is a great way to tone muscles and increase flexibility. It is a great time to get your mind ready for the day and give your metabolism a kick-start. Yoga has been proven to reduce stress and it's a great way to increase your range of motion, strength and balance.

KickBoxing: This 60 minute class combines kickboxing with high energy sport moves and music to give you non-stop calorie burning and muscle toning. This class will make you sweat and get you into shape. If you want energizing music and a FUN, challenging workout, this class is for you.

ZUMBA Fitness! Zumba is a Latin-inspired dance-fitness class. Using pumped up Latin music, your instructor will combine Latin dances like merengue, salsa, reggaeton, cumbia, tango, etc.. with fitness moves to create a great workout in a party-like atmosphere. Bring a towel and water bottle and get ready to sweat and burn some calories!

PILATES & Power Pilates: This class is an amazing workout that will tone every muscles in your body and increase your flexibility. Using traditional mat-work Pilates, stability and BOSU balls, and various other pieces of equipment, the instructor will take you through an incredible workout that will keep you coming back for more..

Body Sculpt: This 45 minute class is great for over-all toning and defining. During this class your instructor will have you using dumbbells, stability balls, body bars, resistance bands and more to target every major muscle group in your body, as well as some of the smaller ones too! If you want to increase your metabolism and create more of that "sculpted" look, this class is a great choice.

Cycle-FIT Spinning: A high intensity workout on our spinner bikes located in the "Loft" of the Rec Gym. Your instructor will take you through the paces with energizing music and motivation. Your work-out will consist of a series of intervals, using aerobic and an-aerobic energy systems, resulting in mega calories burned and plenty of sweat. Bring your water bottle!

Brought to you by UMHB Campus Recreation