

GROUP FITNESS SCHEDULE

FALL 2015



Schedule dates: Wednesday, October 21 - Friday, December 4

www.utc.edu/campus-recreation/fitness

Large Aerobics Room	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
12:15pm						
4:00pm						
5:30pm	Zumba Abby	Rock Bottom Avery	Zumba Abby	Cardio Sculpt Tari	Yoga Sarah	
6:30pm	Yoga Jenny S.	Cardio Sculpt Bekah	Kettle Bell Training Bradley	Beast Body Bradley		
8:15pm	Acroyoga Lydia (9/14-11/9)		Night Owl Yoga Sarah		"Maintain, don't gain" with us at the ARC this holiday season!	
Small Aerobics Room	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30am				P90X/Insanity Bradley		
12:15pm	Spin/Sculpt Lindsay M. <small>(Meet in Spin Room at 12pm)</small>		Spin/Sculpt Lindsey B. <small>(Meet in Spin Room at 12pm)</small>		Spin/Sculpt Amanda C. <small>(Meet in Spin Room at 12pm)</small>	
3:00pm				Yoga Lydia		
4:00pm		Yoga Jamie				
5:30pm	Buns and Guns Rachel F.	Fitness 50+ Jamie	Tone and Titan Lisa	Pilates Jenny H.	Zumba Brittany	
6:30pm		Zumba Molly	Cardio Hip Hop Avery	Barre Avery		
Spin Room	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15am	Spin Cycle Rachael C.		Spin Cycle Rachael C.			
12:00pm	Spin/Sculpt Lindsay M.		Spin/Sculpt Lindsey B.		Spin/Sculpt Amanda C.	
5:30pm	Spin Cycle Brianna	Spin Cycle Clay	Spin Cycle Liana	Spin Cycle Amanda W		Spin Cycle Liana/ Brianna
6:30pm	Spin Cycle Rachel F.	Spin Cycle Rachel F.	Spin Cycle Amanda W.	Spin Cycle Brianna		
ARC Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30am	Aqua Fit Britt					
5:30pm		Aqua Fit Paten		Aqua Fit Holly		

Class Descriptions

High Intensity Aqua Mind&Body
Total Body Strength Cardio/Dance Spin

New! Sweat Circuits: This class is a great way to get your heart pumping while working on your strength, endurance and agility. Each class is filled with various activities differing each week! Each week will be a new adventure! Come ready to burn some calories. Beginners welcome.

Bootcamp: Keep challenging and surprising yourself in this interval class that mixes weights, bodyweight exercises, core exercises, muscle endurance, agility and cardio. This class is designed for MAXIMUM calorie burn in a short amount of time. Get the results you want for Spring Break or the summertime with this challenging, full body work out. Are you ready to accept the challenge??

Zumba: This class is a fusion of Latin and International music. Zumba combines high energy and motivating music with unique moves and combinations that make working out fun while maximizing caloric output, fat burning and total body toning. Come join us in this exciting class here at the ARC!

NEW! Cardio Hip-Hop: In this class, not only will you get fit but you will dance away all your stress. You will be allowed to express yourself through movement with a great selection of music. Join us and prepare to dance the night away!

P90X and Insanity Training: Looking for a high intensity, cardio, strength and core training workout all in one? Our continuous program, P90X and Insanity Training will give you all that and MORE.

Cardio Sculpt: This class is designed to provide a full body weight training workout, while keeping your heart pumping! A wide variety of exercise equipment is used including resistance bands, body bars, free weights and stability balls. This is a great class for beginners or even participants with a regular workout routine.

Buns and Guns: This 50-minute class focuses on increasing endurance and strength in your abdominal, lower body, and full upper body. This class is packed with cardio, lunging, crunching and squatting of all types! Learn to use bands and free weights to work your legs, arms and glutes. This class is perfect for you!

Kettlebell Training: This class is a high energy sculpting class built for anyone! We not only sculpt with the kettlebell, but you will burn unwanted fat with cardio bursts. By pushing your body as hard as you can each week, you will see results! You don't want to miss this class if you've got a body to build.

New! Tone and Titan: This class will tone your entire body while boosting your energy! Cardio blasts and ab exercises are set to upbeat music. Lots of reps are used to tighten you from head-to-toe. Low weights assist in sculpting lean muscles. Be ready to sweat it out and work hard to see definition and "Titan"-sized results!

It's back! Rock Bottom and Abs: This 50-minute class focuses on increasing endurance and strength in your abdominal, lower body and core areas. This class is packed with cardio, lunging, crunching

and squatting of all types! Whether you are a beginner or just looking to add some variety to your workout, this class is perfect for toughening up your lower body and mid section.

New! Beast Body: If you are looking for a workout class that is created to build muscle, burn fat and get the body of a beast then this is the class for you! It's no ordinary fitness class. It is one created to build a stronger and better you. Join us for a killer full body work out!

New! Barre: This class combines the techniques of ballet, pilates, and yoga to give you an effective yet relaxing total-body workout. Strengthen your muscles, tone your body, and stretch out with us! No dance experience needed!

Ballet Dance: This class will introduce students to learning ballet in a fun and relaxed atmosphere. No previous dance experience needed.

Fit and 50+: This class is designed for our participants that are 50 years or older. Jamie Harvey will help you tone up and get a cardiovascular workout while keeping the low impact. This class is geared towards exercises that are best for the appropriate

Yoga: This class combines mental, physical and breathing techniques that are associated with Yoga which will help you build strength, improve flexibility, and reduce stress. Stretch and move to better health and get the toned look you have always wanted! Appropriate for all fitness levels. Also try out our **Night Owl Yoga** if you like late night workouts!

New! Acroyoga: This class combines yoga with acrobatics. This is an 8 week progressive course that will teach you the foundation of acroyoga. Beginners welcome.

Stretch and Flex: This 35 minute flexibility session will help to loosen up your whole body from head to toe.

Spin Cycle: Uniquely tailored to suit a wide range of abilities and fitness goals, this class offers energizing, high geared cardiovascular training and great lower body strengthening. Come "ride" your way to a whole new level of fitness. Don't forget a towel and plenty of water! **Spin/Sculpt:** 30 minute Spin Class + 30 minutes of full body weight training.

Aqua Fit: Come take a dip in the pool and get your heart pumping with one of our water aerobics classes. Water aerobics is less impact on your muscles and easier on the joints than traditional exercise, but at the same time gives you a great workout with a mixture of cardio and strength training. Please see ARC pool schedule for the days this class is offered.

*Classes are all on a first come, first serve basis! All fitness classes are 50-55 minutes unless otherwise noted. Be sure to visit our website at www.utc.edu/campus-recreation for up to date schedule changes and class cancellations.

Love attending all the ARC classes? Have you found interest in becoming a group fitness instructor? Contact Brooke-Satterfield@utc.edu for unique certification opportunities the ARC has to offer each semester through AAAI/ISMA.

