

Group Fitness Schedule

Tuesday, January 12 - Friday, April 29

Large Aerobics Room	6:30am	12:15pm	4:00pm	5:30pm	6:30pm	8:15pm
Monday				Zumba Abby	Yoga Jenny S.	
Tuesday				Rock Bottom Avery		
Wednesday		Stretch & Flex Betty		Zumba Abby	Kettle Bells Bradley	Night Owl Yoga Sarah
Thursday				Core Galore Ben	Cardio Sculpt Tari	Belly Dancing (2/25-4/7)
Friday				Acroyoga Lydia		

Small Aerobics Room	6:30am	12:15pm	4:00pm	5:30pm	6:30pm	8:15pm
Monday		Spin/Sculpt Lindsay H. *meet in spin room @12		Tone & Titan Lisa	Beast Body Bradley	
Tuesday			Yoga Jamie	Fitness 50+ Jamie	Buns & Guns Rachel F.	
Wednesday	Insanity Bradley	Spin/Sculpt Lindsay B. *meet in spin room @12		Bootcamp Becky	Kickboxing Laura	
Thursday			Yoga Lydia	Pilates Jenny H.	Upper Body Blast Avery	
Friday		Spin/Sculpt TBA *meet in spin room @12	Ballet Jenny H.	Zumba Alissa		

Spin Room	6:15am	12:00pm	5:30pm	6:30pm
Monday		Spin/Sculpt Lindsay H.	Spin Cycle Brianna	
Tuesday	Spin Cycle Rachael C.		Spin Cycle Amanda D.	Spin Cycle Amanda W.
Wednesday	Spin Cycle Gennifer	Spin/Sculpt Lindsey B.	Spin Cycle Liana	Spin Cycle Rachel F.
Thursday	Spin Cycle Rachael C.		Spin Cycle Amanda W.	Spin Cycle Brianna
Friday		Spin/Sculpt TBA		
Sunday			Spin Cycle Brianna	

Pool	6:30am	5:30pm
Monday		
Tuesday		Aquafit Paten
Wednesday	Aquafit Betty	
Thursday		Aquafit Taylor

**Get in shape
for
Spring Break
with us at
the ARC!**



UTC Campus Recreation
FITNESS

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

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!

Kickboxing: This class is a great way to get your heart pumping while working on your speed and coordination. It is filled with kicking, punching, and many other kickboxing techniques. Come ready to work with weights for toning up as well! Beginners welcome.

Bootcamp: Keep challenging and surprising yourself in this interval class that mixes weights, body-weight 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??

Upper Body Blast: Work your upper body muscles in this class for all levels! We'll learn basic form and technique for strength and toning of the upper body, including your chest, arms, shoulders, and core in this class.

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!

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!! Come join Bradley and discover what MOTIVATION and DEDICATION are really all about!! Short on time? Try out our T25 Focus program as well. This action packed class is just as rewarding but is only 25 minutes in length.

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. Whether you are a beginner or just looking to add some variety to your workout, this class is perfect for both.

Kettle Bell 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.

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!

Rock Bottom: This 50-minute class focuses on increasing endurance and strength in your ab-

dominal, lower body and core areas. This class is packed with cardio, lunging, crunching and squatting of all types! Learn to use bands and free weights to work your legs, abs and glutes.

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.

Core Galore Are you ready to give your entire core a workout that will leave you sore for days?

This fast paced workout is perfect for a well-trained athlete or a new fitness enthusiast. Core galore is geared toward working your hips, pelvis, and lower back to gain stability while maintaining a toned mid-section.

Ballet Dance: This class will introduce students to learning ballet in a fun and relaxed atmosphere. Barre, center work and stretching will be incorporated in this unique new class. No previous dance experience necessary.

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!

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

Pilates: This class is an extremely powerful total body conditioning method that produces long, lean muscles, flat abs and builds strength without creating bulk. Pilates focuses on muscle control over muscle fatigue. Work on posture, flexibility, balance, and core strength in this challenging class for all levels.

Acroyoga: This class combines yoga with acrobatics. This course will teach you the foundation of acroyoga. Beginners welcome and encouraged.

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! You will sweat. **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.