

RSOP Group Fitness Schedule

Spring 2010 January 25 - May 7

Monday

Tuesday

Wednesday

Thursday

Friday

GET FIT NOW

Spin & Core
6:30-7:30 am
Rod - Room 135

Spin & Core
6:30-7:30 am
Rod - Room 135

Molly's Mixer
7:00-7:45 am
Molly

Pilates
6:45-7:30 am
Molly

Spin
9:00-9:50 am
Heather

Functional Fitness
11:00-11:45 am
Ranae

Pump & Tone
11:00-11:45 am
Claire

Kickboxing Cardio Mix
11:00-11:55 am
Heather & Laura

Cardio Blast
12:05-12:55 pm
Trista

Yoga
12:05-12:55 pm
Linda - Room 135

Pump & Tone
12:05-12:55 pm
Trista

Yoga
12:05-12:55 pm
Linda - Room 135

Lunch Mixer
12:05-12:55 pm
Sara

Pilates Power Hour
12:05-12:55 pm
Molly

Step-n-Sculpt
12:05-12:55 pm
Laura

Cardio Blast
1:05-1:50 pm
Shannon

Med Ball
2:00-2:50 pm
Sara & Megan

Butts & Gutts
2:00-2:50 pm
Alysha

Pilates
2:00-2:50 pm
Megan

Kickboxing
3:00-3:50 pm
Heather

Step-n-Sculpt
3:00-3:50 pm
Laura

Cardio Blast
3:00-3:50 pm
Sara

Butts & Gutts
4:00-4:45 pm
Molly

Cardio Blast
4:00-4:50 pm
Alysha

Total Body Bosu
4:00-4:50 pm
Heather

Athletic Circuit
4:00-4:50 pm
Britney

Spin
4:00-5:00 pm
Britney - Room 135

Sunday

Sunday Mixer
4:00-5:00 pm

Aqua Fit
4:30-5:25 pm
Claire

Aqua Fit
4:30-5:25 pm
Claire

Latin Mix
5:00-5:50 pm
Shannon

Yoga
5:00-6:00 pm
Kelsey

Step-n-Sculpt
5:00-6:00 pm
Shannon

Butts & Gutts
5:00-5:45 pm
Alysha

Pilates
6:00-7:00 pm
Sara

Yoga
6:15-7:15 pm
Ranae/Claire

Step
6:00-7:00 pm
Justine

first week FREE
Jan 25-29th

Group Fitness

The group fitness program is for both UMD folks and community. Classes start January 25, and continue to the end of the semester. **The first week is FREE!** Watch for our special finals week schedule. All of our instructors are nationally certified and highly motivated.

A Group Fitness Pass is required for participation. Passes can be purchased in SpHC 153.

\$50 Full-Time Students and Part-Time Students with a Facility Pass

\$60 Part-Time Students w/o Facility Pass

\$60 Faculty & Staff w/ Facility Pass

\$65 Faculty & Staff w/o a Facility Pass

\$80 Others

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Lunch Mixer	Cardio, strength and core workout to make you sweat.
Athletic Circuit	Circuits focusing on various athletic drills such as plyos, core & speed movements
Total Body Bosu	Stability, strength and cardio workout on the Bosu.
Aqua Fit	Full body workout in the pool. No swimming skills necessary.
Butts & Guts	Strengthen and firm glutes and abs in this focused toning class.
Yoga	Use Yoga postures to strengthen & lengthen the muscles and destress the mind.
Cardio Blast	Combined cardio exercises - hi/low, step and Bosu work.
Functional Fitness	Beginner to intermediate. Basic movements, core training, stretch.
Med Ball	Strengthen core, increase flexibility, and improve tone using a med ball.
Molly's Mixer	Strength & cardio based class targeting abs, glutes, and upper body,
Pilates	Strengthen core, gain stability, increase flexibility following the Pilates method.
Kickboxing	Use kickboxing moves to improve muscle tone, cardio strength and balance
Pump & Tone	Weight train to music.
Latin Mix	An exciting mix of latin-inspired dancing and hi/low aerobics.
Spin & Core	Spinning and core conditioning. All skill levels welcome.
Step	Choreographed step routines, core conditioning, stretch.
Step & Sculpt	Cardio training on the step and strength training with weights.
Sunday Mixer	Be surprised each week by a different instructor and workout