

Group Fitness

SPRING 2012 SCHEDULE
JANUARY 23RD-MAY 4TH

Monday

YOGA
6:45-7:30
Claire

**BIKINI BODY
BOOT CAMP**
11:00-11:50
Sarah C.
Gym 150A

**TOTAL BODY
CONDITIONING**
12:00-12:50
Trista

BUTTS & GUTS
4:00-4:50
Alissa

ZUMBA
5:00-5:50
Kallie

SPIN
5:00-5:50
Cecile
Room 135

PILATES
6:00-6:50
Alex & Megan

YOGA
7:00-7:50
Kate

Tuesday

SPIN
6:30-7:30
Sarah C.
Room 135

ZUMBA
11:00-11:50
Kallie

POWER PILATES
12:00-12:50
Anna

YOGA
12:00-12:50
Melissa
Room 135

POWER KICKBOX
4:00-4:50
Sarah Dzik

ATHLETIC MIXER
5:00-5:50
Sarah Doornink

PUMP & TONE
6:00-6:50
Cecile

Wednesday

**TOTAL BODY
CONDITIONING**
6:30-7:20
Pam

CARDIO KICKBOX
11:00-11:50
Anna

PILATES
12:00-12:50
Sarah C.

BUTTS & GUTS
4:00-4:50
Megan

ZUMBA
5:00-5:50
Kallie

SPIN
5:00-5:50
Cecile
Room 135

ATHLETIC MIXER
6:00-6:50
Sarah Doornink

Thursday

SPIN
6:30-7:30
Sarah C.
Room 135

CARDIO BLAST
11:00-11:50
Alex

PUMP & TONE
12:00-12:50
Cecile

YOGA
12:00-12:50
Melissa
Room 135

POWER KICKBOX
4:00-4:50
Sarah Dzik

MED BALL
5:00-5:50
Sarah Doornink

PILATES
6:00-6:50
Lisa

YOGA
7:00-7:50
Kate

Friday

PILATES
6:45-7:30
Alissa

CARDIO KICKBOX
11:00-11:50
Anna

BUTTS & GUTS
12:00-12:50
Alex

**CLASSES
START
JANUARY**

**23RD
FIRST WEEK
FREE**



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Group Fitness



FOR MORE INFORMATION:
STOP BY SPHC 153
CALL 218.726.7128
VISIT WWW.UMDRSOP.ORG

THE GROUP FITNESS PROGRAM IS FOR BOTH UMD FOLKS AND COMMUNITY. *THE FIRST WEEK IS FREE!* CLASSES START JANUARY 23RD AND CONTINUE TO THE END OF THE SEMESTER. 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

\$125 OTHERS

CLASSES MEET IN SPHC (GOLD ROOM) UNLESS INDICATED OTHERWISE.

NO REFUNDS. \$5 FEE FOR LOST PASSES.

BIKINI BODY BOOT CAMP A total body workout that combines cardio with core, legs, and arm strength training boot camp style.

BUTTS & GUTS Tone and firm glutes and abs in this intense class!

CARDIO KICKBOX This is a cardio challenge for all participants who love to sweat. Modifications are available and all levels are welcome.

CARDIO BLAST This high intensity cardio class mixes a variety of moves to bring your heart rates up and burn major calories!

POWER PILATES A pilates toning based class mixed with basic cardio intervals.

ATHLETIC MIXER Strength and cardio based class targeting abs, butts, upper body, and cardio intervals.

PILATES Learn the basic principles of Pilates: Strengthening the core, gaining stability, increasing flexibility.

POWER KICKBOX This class combines high cardio moves with powerful punches and kicks using light weights, body bars and medicine balls.

TOTAL BODY CONDITIONING Cardio, strength and flexibility in this high energy class. Work up a sweat using a variety of equipment and conditioning techniques.

PUMP & TONE Weight train to music. This class will tone your body!

MED BALL Strengthen core, increase flexibility, and improve tone using a weighted med ball.

SPIN Spinning and core conditioning. All skill levels welcome.

YOGA An athletic class that builds strength, stamina and flexibility - a strong physical practice with attention to detail to one's body and breath.

ZUMBA Fusing dance rhythms with cardio and strength training. Super Fun!