**Old Dominion University**

**Student Recreation Center**

**Group Exercise Schedule September 30, 2013 – November 3, 2013**

For more information: Contact Tamara Morgan, Assistant Director of Fitness and Wellness at [tmorgan@odu.edu](mailto:tmorgan@odu.edu) or 757.683.4607 or Shannon Speed, Graduate Assistant for Fitness at [sspeed@odu.edu](mailto:sspeed@odu.edu) or 757.683.3099.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | **Tuesday** | | | | **Wednesday** | | | | | **Thursday** | | | | **Friday** | | | | **Saturday** | | | | **Sunday** | |
| 6:15a-7:15a  **Power Yoga**  Jocelyn, Studio C | | 6:15a-7:15a  **Cycle**  Natalie, Cycle Studio | | | | 6:15a-7:15a  **Cycle**  Pattie-Lane, Cycle Studio | | | | | 6:15a-7:15a  **Cycle**  Natalie, Cycle Studio | | | | 6:15a-7:15a  **Cycle**  Robin, Cycle Studio | | | | 10:00a-11:00a  **Monarch Fit Fundamentals**SM  Austin, MAC | | | | 12:15p-1:15p  **Monarch Kick**SM  Sal, Studio A | |
| 6:15a-7:15a  **Cycle**  Robin, Cycle Studio | | 6:15a-7:15a  **20/20/20**  Tamara, Studio A | | | | 6:15a-7:15a  **TRX SGT**SM  Tamara, Studio B | | | | | 6:15a-7:15a  **20/20/20**  Tamara, Studio A | | | | 9:15a-10:15a  **PiYo**  Jennifer, Studio A | | | | 12:15p-1:15p  **Cycle**  Robin, Cycle Studio | | | | 5:30p-6:30p  **U-Jam**  Shanel, Studio A | |
| 9:15a-10:15a  **PiYo**  Jennifer, Studio A | | 11:15a-12:15p  **Pump & Plyo**  Natalie, Studio A | | | | 6:15a-7:15a  **WOW SGT**SM  Robin, Fitness Floor | | | | | 11:15a-12:15p  **ViPr Fit SGT**SM  Natalie, Studio A | | | | 12:00p-12:45p  **Yoga**  Jocelyn, Studio C | | | | 5:30-6:30p  **Yoga**  Grady, Studio C | | | |
| 12:00p -12:45p  **Total Body Tabata**  Shannon O, Studio A | | 12:30p-1:30p  **U-Jam**  Shanel, Studio A | | | | 9:15a-10:15a  **PiYo**  Jennifer, Studio A | | | | | 12:00p-1:00p  Water Aerobics  Mary, Pool | | | | 12:15-1:15p  **Monarch Fit Fundamentals**SM  Whitney, OTZ\* | | | | **℠** Small Group Training Class. Space is limited to 8-15 participants and will be taken on a first come-first-served. | | | |
| 12:00-1:00p  **TRX SGT**SM  Tamara, Studio B | | 12:15p-1:15p  **Pilates**  Jennifer, Studio C | | | | 12:00p-12:45p  **Total Body Tabata**  Shannon O, Studio A | | | | | 12:15p-1:15p  **U-Jam**  Shanel, Studio A | | | | 12:15p-1:15p  **Monarch Madness**  Justin, MAC | | | |  | | | |
| 12:00p-12:45p  **Power Yoga**  Jocelyn, Studio C | | 12:15p-1:15p  **Monarch Madness**  Justin, MAC | | | | 12:00 – 1:00  **TRX SGT**SM  Tamara, Studio B | | | | | 12:15p-1:15p  **Yoga**  Jocelyn, Studio C | | | | 12:15p-1:15p  **Knockout Cycle**  Shannon, Cycle Studio | | | |
| 12:15p-1:15p  **Knockout Cycle**  Shannon SW, Cycle Studio | | 12:15p-1:00p  **Cycle**  Shannon Sp, Cycle Studio | | | | 12:00p-12:45p  **Power Yoga**  Jocelyn, Studio C | | | | | 12:15p-1:00p  **Cycle**  Dominique, Cycle Studio | | | | 5:30p-6:30p  **U-Jam**  Maggie, Studio A | | | |
| 5:15p-6:15p  **Power Hour**  Semone, Studio A | | 4:00p-5:00p  **TRX SGT**SM  Tamara, Studio B | | | | 12:15p-1:15p  **Cycle**  Shannon Sp, Cycle Studio | | | | | 4:00p-5:00p  **TRX SGT**SM  Tamara, Studio B | | | | 5:30p-6:30p  **Cycle**  Pattie-Lane/Shannon Sp,  Cycle Studio | | | |  | | | |
| 5:30p-6:15p  **ZUMBA**  Zena, Studio B | | 5:15p-6:15p  **ZUMBA**  Semone, Studio A | | | | 5:30p-6:30p  **Power Hour**  Semone B, Studio A | | | | | 5:15p-6:15p  **Cycle**  Pattie-Lane, Cycle Studio | | | |  | | | |  | | | |
| 5:30p-6:30p  **Beginner Cycle**  Philip, Cycle Studio | | 5:30p-6:30p  **Cycle**  Philip, Cycle Studio | | | | 5:30p-6:30p  **Capoeira**  Jonathan, Studio B | | | | | 5:30p-6:30p  **ZUMBA**  Semone, Studio B | | | | Wear **PINK**  October 28 – November 1 to a class and receive a breast cancer awareness wristband! | | | |  | | | |
| 5:30p-6:30p  **Yoga**  Pooja, Studio C | | 5:30p-6:30p  **Yoga**  Grady, Studio C | | | | 5:30p-6:30p  **Intermediate Cycle**  Philip, Cycle Studio | | | | | 5:30p-6:30p  **Monarch Kick**SM  Sal, Studio A | | | |
| 7:45p-8:45p  **Monarch Madness**  Justin, Studio A | | 6:15p-6:45p  **Power 30**  Semone, Studio A | | | | 5:30p-6:30p  **Yoga**  Pooja, Studio C | | | | | 5:30p-6:30p  **Yoga**  Pooja, Studio C | | | |
| 7:45p-8:45p  **Yoga**  Grady, Studio C | | 7:45p-8:45p  **Monarch Kick**SM  Sal, Studio A | | | | 6:30p-7:30p  **ZUMBA**  Semone, Studio A | | | | | 6:45p-7:45p  **Power Hour**  Semone, Studio A | | | |  | |
|  | | 7:45p-8:45p  **PiYo**  Jennifer, Studio C | | | | 7:45p-8:45p  **Yoga**  Grady, Studio C | | | | | 7:45p-8:45p  **Mixed Monarch Arts**  Justin, Studio A | | | |  | |
|  | |  | | | | 8:15p-9:15p  **Aqua Aerobics**  Maggie, Pool | | | | | 7:45p-8:45p  **Yoga**  Jocelyn, Studio C | | | |  | |
|  | |  | | | |  | | | | | 8:15p-9:15p  **Aqua Aerobics**  Maggie, Pool | | | |
|  | |  | | | |  | | | | |  | | | |
|  | |  | | | |  | | | | |  | | | |
|  | |  | | | |  | | | | |  | | | |
|  | | |  |
|  | | |  |
|  | | |  | | | | | |  | | | | | | |  | | | | | |  | | | | |
|  | | |  | | | |  | | | | | | |  | | | | | | |  | | | | |
|  |  | | | |  | | | | |  | | | | | | | |  | | | | | |
|  | |  | | | | | |  | | | |  |  | | | | | | |

**Old Dominion University**

**Student Recreation Center**

**Group Exercise Class Descriptions**

|  |  |  |
| --- | --- | --- |
| **AQUA AEROBICS:**  Join us for a unique approach to a total body workout. You will increase your range of motion, improve strength and cardiovascular endurance, and build core strength in an environment that reduces joint stress and keeps you cool. All fitness levels will benefit.  **Beginner Cycle:** This 30-minute class offers a high-cardiovascular workout on a bike. This class is for participants who have never taken a cycle class or someone who is beginning an exercise program.  **CAPOIERA DANCE** An Afro-Brazilian martial art form taught as a dance. Not only will this class enhance fitness levels, it teaches discipline while focusing on diversity, tolerance and respect. Class is 45-minutes in length.  **CYCLE:**  This 45-60 minutes cycle class offers a high-cardiovascular workout on a bike. This class is for participants who have taken a cycle class before and want more of a cardiovascular challenge.  [http://t3.gstatic.com/images?q=tbn:ANd9GcSu7rNCnwFUUd8JK4nlIs1gAZpFfZnm7gYxyEltpp6Bjmff9X_H](http://www.google.com/url?sa=i&source=images&cd=&cad=rja&docid=2yPoenZEJKRguM&tbnid=qmmHBCUt-57y3M:&ved=0CAUQjRw&url=http://www.crossfitbmw.com/&ei=tFgBUpbDJ4-r4APd9oD4DQ&psig=AFQjCNEPub7v2JpjmkDSk1rk1l4X5nqh6A&ust=1375906341708311) **FUNDAMENTALS:**  This class will push you to your limits while performing constantly varied functional movements executed at high intensities giving you maximum results in the least amount of time. The CrossFit Fundamentals class is a pre-requisite to the CrossFit Small Group Training. Space is limited to the first 10 people that attend.  **ENDURANCE CYCLE** This is a 1.5 - 2 hour class for the serious cyclist. If you are looking for the next level in your cycling workouts or if you need to break through a fitness plateau, this class is for you!  **Intermediate Cycle:** This 45-60 minutes cycle class offer a high-cardiovascular workout on a bike. This class is for participants who have cycled before and want a harder workout.  **KNOCKOUT CYCLE:** Challenge yourself to this 60 minute full body endurance ride. More climbing, more toning, more fat burning, a more FIT YOU. Weighted gloves will be used to work the upper body using various punching combinations jab, cross, upper cuts and more.  **MIXED MONARCH ARTS:** This class will provide you a safe and fun environment to learn techniques in areas of boxing, kickboxing, wrestling and much more! All levels welcome. | **MONARCH KICK:** A great way to experience the “Fighters Workout” without getting hit! This isn't punching the air, Taebo, or boxing aerobics. You're wrapping up, gloving up, and learning real techniques while getting a full body workout. You'll spend the hour throwing punches, kicks, elbows and knees: the fundamentals of kickboxing.  **MONARCH MADNESS:** This is a challenging, dynamic, and exciting way to boost your fitness whether you are a beginner or in need of breaking a plateau. Designed from traditional military training, this 45-60 minute class will rattle your strength, endurance, flexibility, and body fat and leave you in peak condition.  **PILATES:** This is a core conditioning class aiming to increase flexibility, improve posture and balance by strengthening the abdominal and low back area.  **PIyO**: A mind/body format that blends Pilates, Yoga and toning movements to provide both a fun and challenging workout.  **POWER HOUR:** Cardio and strength training wrapped into one 60 minute challenge! This class focuses on muscular strength, endurance and plyometric conditioning for a COMPLETE FULL BODY workout.  **POWER 30:** A shortened version of Pour Hour will get your body working when you are on-the-go!  **POWER YOGA**: Set aside your traditional flowing yoga and make room for exercise that combines fluid, core strengthening movements with static holds and some inversions. The vigorous strengthening postures are synchronized with the breath and balanced with calming stretches.  PUMP & PLYO: Hand weights, exercise bands and calisthenics challenge all levels of exercise in this 55 minute total body weight training session.  **TOTAL BODY TABATA:** This 45 minute high intensity class will get your whole body moving using the cardiovascular interval training method of Tabata. All fitness levels welcome. | **TRX SUSPENSION TRAINING SGT**: Achieve a full body workout emphasizing core performance that is tailored to your ability. The pendulum principle and suspension training allow you to maximize lifting like never before. TRX® is the perfect way to tone up and have fun! Try out this NEW Small Group Training Class!! Space is limited to the first 15 people to attend.  **20/20/20:** Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.  [https://si0.twimg.com/profile_images/3565556799/58f0c0fdc5ff6805b7eb6d2e419d4e1d.png](http://www.google.com/url?sa=i&rct=j&q=u-jam+fitness&source=images&cd=&cad=rja&docid=XePpDVM2sURXnM&tbnid=FxxEt_sYUCH5kM:&ved=0CAUQjRw&url=https://twitter.com/UJamFitness&ei=44_yUaSbK4fO8wTI44HQAg&bvm=bv.49784469,d.eWU&psig=AFQjCNGMKWDHbjMD3ZLB89MM3b3hFfDyAg&ust=1374937415491829)This is an athletic cardio dance class that unites world beats with urban flavor. The music will take you around the world from old school hip-hop to Bollywood; providing you an intense cardio workout that makes you sweat, tone your body and leave you craving more! All fitness levels welcome.  [http://www.truefit180.com/wp/wp-content/uploads/2011/08/ViPR-logo.jpg](http://www.google.com/url?sa=i&rct=j&q=vipr&source=images&cd=&cad=rja&docid=u22tfa_JircybM&tbnid=W6UjEGQG5uX7VM:&ved=0CAUQjRw&url=http://www.truefit180.com/2011/08/vipr-los-gatos-jcc/&ei=gFYBUsTGLrOu4AP8x4EY&bvm=bv.50310824,d.dmg&psig=AFQjCNGH93-XTatrN--vhR5hdf26djMNDQ&ust=1375905787495223)**FIT SGT:** Experience ViPR®! This tool provides an effective, whole-body workout that builds muscle and burns calories through strength and movement training. Maximize your workout with limitless options for resistance and cardiovascular training. Lift, drag, throw and step on this virtually indestructible tool. Try out this NEW Small Group Training Demo Class!! Space is limited to the first 12 people to attend.  **WOW SGT**: Women on Weights Small Group Training; A free small group instruction that introduces you to the weight room with a full body workout designed to strengthen and define muscle. Class is limited to the first 10 people to attend.  This is a 45-60 minute class of Latin-inspired red-hot music and dance that will get the party started. All fitness levels are welcome.    ***Recreation and Wellness***  4700 Powhatan Avenue, Suite 1207  Norfolk, Virginia 23529  Phone: 757/683-3384 Fax: 757/683-3386  odu.edu/recreation  ***A Division of Student Engagement & Enrollment Services*** |