

FREE FITNESS/ACTIVITIES CLASSES

FALL 2009

BYU-Idaho Issue clothing is required in all classes.

	6:30-7:20 a.m.	5:00-5:50 p.m.	6:00-6:50 p.m.	7:00-7:50 p.m.	8:00-8:50 p.m.	9:00-9:50 p.m.	10:00-10:50 p.m.
Monday	Cycling (Dustin)	Beg. Pregnancy Step weights & toning (Erica) Cycling (Zach)	Fight Do (Jennifer) Water Aer. (Stephanie)	FHE	FHE	Pilates (Abby) Cycling (Katie)	Abs That Rock (Bethany, Melissa)
Tuesday	Cycling (Shelley)	Step up (Brittany) Cycling (Matt)	Body Combat (Erin) Cycling (Shelly) Water Aer. (Emma)	Pump It (Nicole) Cycle (Arielle)	Hip Hop (Amanda)	Metabolic Training (Cameron) Yoga (Melanie)	Abs that Rock (Jake)
Wednesday	Cycling (Dustin)	Cycling (Zach) Beg. Step Up (Victoria)	Fight Do (Jennifer) Water Aer. (Stephanie)	Pump it (Jody)	Pilates (Tani)	Metabolic Training (Cameron) Abs that Rock (Alyssa)	Abs That Rock (Melissa)
Thursday	Cycling (Shelly)	Step Up (Brittany) Cycling (Le Ann)	Body Combat (Erin) Cycling (Shelly) Water Aer. (Emma)	Pump It (Jody)	Hip Hop (Kaitlyn) Yogaloties (Emily)	Metabolic Training (Cameron) Yoga (Melanie)	Abs That Rock (Jake)
Friday	Cycling (Jennifer) Pump It (Tani)	11:30-12:20 a.m. Yoga & Plates (Emily/Tani)					
Saturday	8:00 a.m. Cycling (Katie)	9:00-9:50 a.m. Step up (Kimberley)	10:00-10:50 a.m. Pump It (Asia)				

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Schedule is subject to change

Fitness classes: Hart 234 classes/cycling classes are in the fitness center

Yoga Tues. & Thurs. and Met. Training Wed. is in the wrestling room.

Cost: No cost just show up in byui issue clothing.

- Fight Do..... Combination of boxing and martial arts. Overall benefits include increased endurance, core strength, agility, & flexibility. Lets Fight!
- Abs That Rock Focuses strictly on developing core strength.
- Pump It Weight training workout. Targeting major muscle groups using free weights, body bars, and bands. Focusing on core stabilization and form.
- Cycling An energizing ride with hills, flats and sprints on a stationary bike. (Bring a water bottle)
- Metabolic Training..... Intermediate to advanced anaerobic threshold strength and cardio fitness training.
- Step Up Low to Moderate impact, class with a variety of choreographed combinations on the Step.
- Beginners & Pregnancy Class with Step Weights & Toning..... A non impact low intensity workout with light weights & toning in the interest of beginners and pregnant women.
- Water Aerobics A Non-impact workout using water and equipment for resistance. Beginners, pregnant and postpartum women are welcome.
- Pilates/Yogaloties Increases balance, flexibility, and mental relaxation techniques combined to enhance the mind-body connection.
- Body Combat..... Class provides a variety of medium to high impact exercises with intervals that will enhances your plyometric, cardio and core strength.
- Hip Hop..... Enjoy a combination of dance move with cardio benefits.