

UNIVERSITY
RECREATION

GROUP FITNESS SCHEDULE

AUGUST 24TH - DECEMBER 4TH
FALL



TRAIN



PEDAL



SPLASH



KICK



STEP



ZEN

www.urec.cmich.edu



URec GROUP FITNESS ESSENTIALS

A group fitness pass is required for participation.

1 Class _____	\$2.00
8 Classes _____	\$10.00
24 Classes _____	\$22.00
Cardio Variety Class Pass*—	\$72.00 per semester

*Pass only valid for Cardio Variety class.

- Purchase passes at the Service Center or Program Desk
- URec Group Fitness Passes are valid until Summer 2010
- If class participation drops below FIVE participants for TWO weeks, it may be suspended

- PLEASE NOTE:**
- Cycling passes are available at the Service Center ONE hour prior to the start of each cycling class
 - The Cardio Variety class pass is the only pass available for purchase without a URec membership
 - CLASS LIMITS: Cycling - 15, Bootcamp - 25, Cardio Variety - 40

GROUP FITNESS CLASS POLICIES

For your protection:

- **10-minute rule:** Participants may enter a class up to ten minutes after the scheduled start time. Entrance is prohibited after ten minutes to ensure that all participants arrive early enough to sufficiently warm up for the vigorous parts of the class. *5-minute rule for Cycling classes.
- Please inform the instructor of any special considerations (i.e. pregnancy, injury, illness, etc.) which may influence your ability to take a class - or if you need to leave early.
- Please wear proper footwear and attire. Keds, ballet slippers, slip-on shoes, or inappropriate clothing are not permitted.

FACILITIES LEGEND

MAC 1	- Multiple Activity Center 1 (Lower Level in SAC)
CYCLE	- Center Court Cycling Room (Located by Trackside store)
ROSE	- Rose 134 (Group Fitness Studio - Enter through Rose Arena)
SAC POOL	- Lower Level in SAC

SCHEDULE EFFECTIVE Monday, August 24th- Friday December 4th

No classes on Sept 7th, Nov 25-29th or Finals Week.

Day	Time	Class	Instructor	Facility
MONDAY	6:45-7:45am	Sunrise Pilates	Stephanie	ROSE
	5:00-5:45pm	Kickboxing	Natalie	MAC 1
	5:30-6:30pm	Cycling	Jennifer O.	CYCLE
	6:00-6:45pm	Bootcamp	Laura	MAC 1
	7:00-8:00pm	Kickboxing	Erica	MAC 1
	7:00-8:00pm	Cycling	Danielle	CYCLE
	7:30-8:15pm	Zumba	Meredith	ROSE
	8:30-9:15pm	Butts & Guts	Meredith	ROSE
TUESDAY	7:00-7:45am	Cycling	Suzanne	CYCLE
	11:30-12:15pm	TurboKick	Ali	ROSE
	12:15-1:00pm	Bootcamp	Catie	MAC 1
	4:00-5:00pm	Kickboxing	Erica	MAC 1
	5:30-6:30pm	Cardio Variety	Jennifer	MAC 1
	5:30-6:30pm	Aquafit	Laurie	SAC POOL
	6:45-7:45pm	TurboKick	Laurie	ROSE
	7:00-8:00pm	Cycling	Katy	CYCLE
	7:00-8:00pm	Bootcamp	Todd	MAC 1
	8:00-9:00pm	PiYo	Laurie	ROSE
8:15-9:00pm	Butts & Guts	Catie	MAC1	
WEDNESDAY	5:00-6:00pm	Kickboxing	Erica	MAC 1
	5:30-6:30pm	Cycling	Jennifer O.	CYCLE
	7:00-7:50pm	TurboKick	Alicia	MAC 1
	7:00-8:00pm	Cycling	Danielle	CYCLE
	7:30-8:15pm	Zumba	Meredith	ROSE
	8:15-9:00pm	Straight Up Strength	Danielle	MAC 1
	8:30-9:15pm	Butts & Gutts	Meredith	ROSE
	THURSDAY	6:45-7:45am	Sunrise Pilates	Stephanie
11:30-12:15pm		Cardio Lunch Crunch	Laurie	ROSE
12:15-1:00pm		Bootcamp	Catie	MAC 1
4:00-5:00pm		Kickboxing	Erica	MAC 1
5:30-6:30pm		Cardio Variety	Jennifer	MAC 1
5:30-6:30pm		Aquafit	Laurie	SAC POOL
6:45-7:45pm		PiYo	Laurie	ROSE
7:00-8:00pm		Run-N-Reps	Brianna	MAC 1
7:00-8:00pm		Cycling	Katy	CYCLE
FRI.		12:00-12:45pm	Straight Up Strength	Catie
	1:00-1:45pm	Butts & Guts	Catie	ROSE
	4:00-4:50pm	Yoga For Wellness	Catherine	ROSE
	5:30-6:30pm	Cycling	Rotation	CYCLE

*Instructors may be substituted during special circumstances