

Spring 2008 Class Descriptions

SPECIAL EVENTS:

Fitness JAM: A special class promoting a variety of different class formats offered on the Spring 2008 fitness schedule. This event is free to all Recreation Center members! Each participant will also receive a goodie bag! Join us on Wednesday, Feb. 13th from 5:30-7:00pm. Regularly scheduled Wednesday evening classes may be cancelled for this event.

2 Hour Spinning Ride: A special Spinning class offered to experienced Spinning enthusiasts as well as seasoned cyclists. Registration is required for this event and is available to Recreation Center Fitness Pass members and non-members. Your registration fee includes a Spinning t-shirt, water bottle, and more! Join us on Tuesday, March 11th from 5:15-7:45pm. Regularly scheduled Spinning classes may be cancelled for this event.

CARDIO KICKBOX:

You'll be jabbin', blockin', and kickin' your way through this cardiovascular based kickboxing class. This moderate to high intensity class will use punching and kicking combinations, choreography, and interval drills to kick up your workout to the next level!

SPINNING® and SPINNING® :The Long Ride:

SPINNING® is the original indoor cycling program connecting body & mind in an energizing 40-minute workout that blends cycling technique, motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced cardio class will move you! The Long Ride is a full 60-minute workout! Space is limited & reservations are only taken 24 hours in advance. Reserve your spot at the Pro Shop or call 621-4673. The **Saturday Team Ride** is a special ride offered once a month and is taught by two or more Spinning instructors at the same time. Come join our team!

SPINNING® Requirements:

- Sweat Towel
- Water bottle

SPINNING® Recommendations:

- Padded bike shorts/pants
- Heart rate monitor
- SPD compatible bike shoes or stiff soled shoes

BELLY DANCE - FITNESS STYLE!

Enhance your femininity and inner beauty while sliding, circling, and undulating your way to a more fit you. Learn to combine movements into spontaneous and creative dance routines that transform your physical and mental well-being.

NIA:

Are you ready for fusion fitness? NIA—Neuromuscular Integrative Action—combines the art of dance, martial arts, and healing to bring about whole body, expressive, and grounded cardiovascular movements. All ages, levels of fitness, and body types are encouraged to attend this very unique and fun class!

HIP HOP:

No dance experience needed! Move 'n' groove to the latest Hip Hop music and choreography! We're bringin' a little LA flava street dance right here to our studio just for you! Bring it if you got it!

CARDIO PUMP:

Lookin' for a great cardiovascular and strength training workout? Look no further! Cardio Pump includes a variety of cardio formats such as step, dance, and kickboxing as well as our popular Muscle Pump format. Get ready to pump it up!

MUSCLE PUMP:

No choreography, just resistance training. You will use medicine balls, bands, stability balls, steps, Bosu's, Gliding discs, and weights to improve muscular endurance and muscular strength.

CORE:

There's more to the working the core than the basic crunch! This express class will target your abdominals, transverse abdominis, obliques, and lower back as well as improve posture, stabilization & balance with a variety of core exercises.

YOGA:

Classical Yoga. A discipline which promotes an emphasis on alignment of the entire skeletal system. This discipline, also known as Iyengar, will improve alignment and posture as well as strength and flexibility. Appropriate for beginners to advanced enthusiasts.

Vinyasa Flow. A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Appropriate for intermediate to advanced enthusiasts.

Power Yoga. A discipline which stems from Vinyasa Flow and emphasizes movement, balance, and intuition. This dynamic, challenging yoga style is most appropriate for intermediate to advanced enthusiasts.

Hatha Yoga. A discipline which uses physical postures, breathing techniques, and meditation to bring the body into a healthier state and allow the mind to open more freely. This style is an easy-to-learn basic form of yoga.

Anusara Influenced Yoga. A discipline which is one of the fastest growing styles of yoga. Physical postures, meditation techniques, and yoga philosophy will be covered over the semester. This inspiring and therapeutic style of yoga is suitable for all levels.

Yoga Tone. A beautiful blend of yoga and strength training...one of the newest yoga classes sweeping the country! Light hand weights will be used while gracefully moving through physical yoga postures. This unique style of yoga is suitable for all levels.

PILATES MAT WORK:

Pronounced (Puh-la-teez). This mind & body discipline follows a series of movements used to deliver strength, flexibility, and endurance. Pilates Mat Work involves a variety of standing and floor movements. A great core class!

INTERESTED IN PRIVATE/ SEMI-PRIVATE YOGA OR PILATES SESSIONS?

We offer private and/or semi-private Pilates Reformer and Pilates Mat Work sessions as well as Yoga sessions. Private and semi-private sessions are powerful ways to enhance your Pilates or Yoga experience. You can expect a personalized program including exercises, poses, and techniques to meet your specific needs. Both Recreation Center member and non-member packages are available. Detailed information can be found on-line at www.campusrec.arizona.edu or by calling 621-8717. Sign up to begin your personal practice today!

**NOW OFFERING
PILATES REFORMER
SESSIONS!**

INTERESTED IN A LEVEL 2 YOGAFIT CERTIFICATION?

The Recreation Center will be hosting a Level 2 YogaFit teacher certification on March 1-2 from 8-6pm. Visit www.yogafit.com for more information.

INTERESTED IN TEACHING GROUP FITNESS CLASSES?

The Recreation Center is always looking for qualified group fitness instructors! Visit www.acefitness.org or www.afa.com for more information on how you can become certified to teach group fitness. If you have additional questions, please call 621-8717.

Passes • Price Options

All passes valid January 28 - May 16, 2008.

Fitness Pass - \$75 (per semester)

Unlimited classes
Purchase your Fitness Pass at the SRC Business Office.
Must be a current SRC member to purchase a Fitness Pass.

One Class Pass - \$6

Valid to any one class
Purchase your One Class Pass at the Pro Shop.

◆ Faculty/Staff Fitness Pass Option (FSFP) - \$30

The ◆FSFP classes provide a sampling of our schedule and are designed to accommodate you before work or during noontime. This option is available only to current University of Arizona Faculty/Staff. Students are not eligible for this pass option. SRC non-members are limited to purchasing the FSFP for two semesters; current members may repeatedly purchase the FSFP. Limited schedule; may attend classes marked with diamonds only.

Business Office Hours:
8am-6pm Mon-Thurs, 8am-5pm Fri; Closed Sat & Sun
Memberships: (520) 626-3396