

Summer 2010 Group Exercise Schedule May 3rd – June 19th, 2010

Group Exercise classes are free with your wildcard

This is the first block summer schedule.

Stromberg/Swenson Complex:					
	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 or AM			Sunrise Yoga Kathi Room 19 60 min		Spin Tom/ Megan W Bikes 50 min.
4:30 PM		<i>Yoga @ the Union</i>		<i>Yoga @ the Union</i>	
5:30 PM	Body Sculpt Megan M. North Court 50 min.	Aqua Fitness Julia Pool 50 min.	Pilates Livia RM 66/68 50 min.	Aqua Fitness Megan W Pool 50 min	
6:30 PM		Body Sculpt Jill North Court 50 min.	Spin Amy Bikes 50 min	Zumba Sariah North Court 50 min	

Davis Campus Classes				
	Mon	Tues	Wed	Thurs
12:30 PM	Multi Level Yoga Room 235 Claudette		Multi Level Yoga Room 235 Claudette	
4:00 PM		Multi Level Yoga Room 235 Claudette		Multi Level Yoga Room 235 Claudette

Student Union Building				
	Monday	Tuesday	Wednesday	Thursday
4:30 PM		Multi Level Yoga Brittany Union 404 60 min		Multi Level Yoga Brittany Union 404 60 min
8:30 PM	Power Yoga Kathi Union 404 60 min.			

Group Exercise Prices:

Individual Fitness classes: free with an active wildcard or \$6 ea.
 Community Group Exercise Semester Pass: \$90.00 Summer .
 Community Union Yoga Class Pass: \$50.00 Summer.
 Davis Campus Yoga Pass: \$50.00 Summer.

Passes are available for purchase from the Campus Recreation Office. (Room 21 Stromberg/Swenson Gym)
 Monday-Thursday 9 am-6:45 pm Friday 9 am-2 pm.
 For more information call 626-7519.
 Yoga @ the Union Passes are available at the Union Information Desk

No classes will be held on :

*This schedule is tentative and may change. Please check the website for the most up to date schedule at
http://www.weber.edu/campusrecreation/Group_Exercise/
 For more information call 626-7519 or 626-8508 or e-mail groupexercise@weber.edu.

Building Closures:

May 29-31
 July 3-5
 July 23-25

Stromberg Main Arena Closures:

June 18-19
 June 25-26

Stromberg/Swenson Summer Hours:

May 3- August 6, 2010
 Monday -Thursday 6:30 am-8:00 pm
 Friday 6:30 am- 6:00 pm
 Saturday 8:00 am-2:00 pm
 Sunday Closed

Fitness
 Campus Recreation

Class Descriptions

If you have any questions call 626-8508 or e-mail grouplexercise@weber.edu.

Body Sculpting

Cross train your body with this power packed strength training and cardiovascular workout. This class will offer segments of strength training and cardio utilizing balls, bands, tubes, steps and free weights for a complete workout for everyone. (All Levels)

Multi Level Yoga

A fitness-oriented and user-friendly work-out that draws on several Hatha yoga styles including Ashtanga, Iyengar, and Kudilini Yoga and is designed for people at all fitness levels and levels of yoga experience.

Power Yoga

A fitness-oriented and user-friendly work-out that draws on several Hatha yoga styles including Ashtanga, Iyengar, and Kudilini Yoga. This class is designed for people who would like to increase strength and flexibility. It is recommended that participants have experienced yoga before attending this class.

Spin

A high-energy group exercise class that integrates music, camaraderie and visualization in a complete mind/body exercise program. Spinning uses specially designed Johnny G Spinner® stationary bikes, to deliver unparalleled fitness results. Bring a towel and water-bottle to all spin classes!

Zumba

“Ditch the workout, join the party!” This class offers a fusion of Latin, International Music, and dance themes that create a dynamic, exciting , effective fitness system! The routines feature aerobic/fitness interval training to maximize caloric output, fat burning, and total body toning. (All Levels)

SPECIALIZED CLASSES

In addition to the free drop in classes we offer on this schedule, we are now offering Specialized Classes. You must sign up in advance to participate in these classes and a fee is required. This summer we have Bootcamp running May 10th—June 9th; Stroller Fitness running May 11th—June 10th, Elevated Fitness June 24th—July 29th, and Zumba Toning June 28th—July 28th.

For more information on these classes or to register go to check out our website online at www.weber.edu/campusrecreation and click on the fitness tab or go to the Campus Recreation Office Rm 21 in the Stromberg Gym.