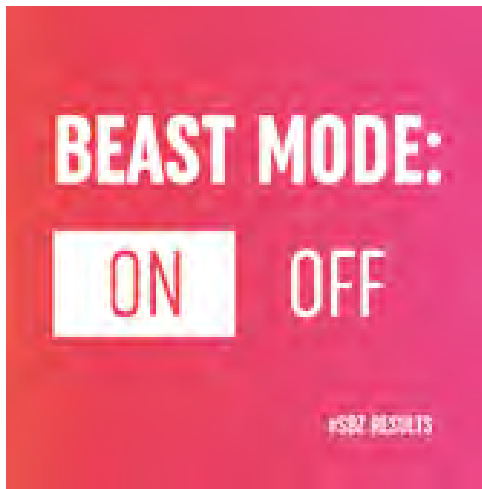


Group Fitness Class Schedule – Fall 2018



Monday

4pm: PILATES with ERIN
5pm: ZUMBA with ELLERY
6pm: HIIT THE CORE with EMMY
7pm: DANCE FITNESS with HANNAH

Tuesday

4pm: INSANITY with OLIVIA
5pm: BUTT N GUT with SAGE
6pm: YOGA with JOSIE
7pm: STRONG by Zumba with ELLERY

Wednesday

4pm: TURBOKICK with OLIVIA
5pm: PILATES with ERIN
6pm: HIIT THE CORE with EMMY
7pm: PiYo with SHELBY

Thursday

4pm: INSANITY with OLIVIA
5pm: BUTT N GUT with SAGE
6pm: YOGA with JOSIE
7pm: STRONG by Zumba with ELLERY



Friday

1pm: PiYo with SHELBY
2pm: DANCE FITNESS with HANNAH

Saturday

10am: instructor and class will vary
11am: instructor and class will vary

Sunday

4pm: instructor and class will vary

Questions?? Email Ellery at: EMichalski15@winona.edu

Follow our Facebook page for class info/ updates: [WSU Fitness](#) ☺

Class Descriptions

STRONG by Zumba: Stop counting the reps, start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. There is even a little kickboxing thrown in there. We change up the music and moves frequently to make sure you are challenged to the max!

Butt N Gut: Butt N' Gut is a raise-your-heart-rate, get-you-sweating, tone-your-body workout. Just as it sounds, we focus on targeting your butt and core using mainly body weight exercises. Whether you are a beginner trying to get fit or just want a fun group workout, come try it!

Zumba: Zumba is a Latin-inspired dance fitness workout with the most some of the most popular Latin hit songs and moves such as salsa, merengue, and reggaeton that makes it feel more like a party than exercise. We don't care HOW you move, as long as you are having fun. Zumba is for everybody and everybody! Come ready to sweat, shake, and dance it out!

Insanity: Insanity is max interval training, where you keep your body working at max capacity. We work as hard as we can for 3-minute intervals with 30-second rest periods in between. You keep pushing your limits, so your body has to adapt. The idea is to increase your aerobic fitness level while pushing you to your limits. Join in for a workout of muscle-searing and sweat-drenched fun.

Pilates: Pilates is a low-impact, dynamic class that strengthens and stretches several muscle groups. The focus is on small muscles that surround the larger muscles, and it is a great class for beginners and elite athletes alike. The atmosphere of this Pilates class is much like a yoga class: dim lights, calm and quiet. Pilates contains series for arms, legs, and abs. You may find yourself sore in a way you are not used to after this class, but we learn to love the burn.

Yoga: Yoga aims to help people slow down and refocus in the midst of the chaos college life brings with opportunities to build strength. Students are allowed to build endurance, balance and flexibility at their own pace. The class is designed to remind students to look inward and find full relaxation. Together we create a nonjudgmental environment to support each other throughout our yoga journey.

Dance Fitness: If you like dancing while also toning your core, legs, and arms, dance fitness is perfect for YOU! It is the perfect combination of fun movement paired with toning exercises that target various areas of the body. No dance experience is necessary; simply show up, sweat, and dance it out!

HIIT the Core: HIIT the Core is a high intensity interval-training workout with an emphasis on working your abs and core! The four circuits have a combination of cardio, standing abs, and moves on the mat that will get your heart rate up and leave your core burning!

Turbo Kick: During Turbo Kick, 45 minutes of cardio kickboxing choreographed to music will make you forget you are even working out! Turbo Kick includes high-intensity intervals and active recovery, along with strength and core sections to give you a full-body workout to lean and tone. Come ready to get strong, get sweaty, and have a blast doing it!

PiYo: This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. However, we crank up the speed to deliver a true fat-burning, low-impact, full body workout that leaves your muscles toned and defined. Come check it out!