

# DROP-IN FITNESS

## Fall 24 SCHEDULE



**NOTES:** Classes begin 8/20/24  
 HAPPY HOUR IN ROOM 236  
 Life in Motion, Yoga & LOW FIT IN ROOM 231  
 Saturday YOGA IN ROOM 304 (begins 10/5)  
 SPINNING IN SPINNING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM -10:00 AM					
11:00 AM - 11:50 AM		Yoga - Tiffany		Yoga - Tiffany	
12:00 PM - 1:00 PM		Spinning - Tiffany		Spinning - Tiffany	
5:00 PM - 6:00 PM			Life in Motion - Naz		
5:30 PM - 6:30 PM		Happy Hour - Naz		Happy Hour - Naz	
7:00 PM - 8:00 PM			Low Fitness - Courtney / Heather		
<b>SATURDAY</b>	9am-10am Saturday YOGA				

# ALL ABILITIES WELCOME!

# DROP-IN FITNESS CLASS SCHEDULE



NOTES:  
HAPPY HOUR IN ROOM 236  
HIGH/LOW FIT IN ROOM 31  
YOGA IN ROOM 304  
SPINNING IN SPINNING ROOM

## LOW Fitness

Reminiscent of the aerobics glory days, **LOW** is based on traditional aerobic principles that create a steady state cardio workout. Expect non-stop cardio and toning moves in easy-to-follow fitness choreography to music you know and love. **LOW** brings the same energy, intensity, and effectiveness of high fitness class and lower impact.

## HAPPY HOUR

### *“Bootcamp with a Twist!”*

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. It’s never the same workout with Naz, and these classes are designed to push participants harder than they’d push themselves, keeping the body guessing!

## Saturday Yoga

Beginner level Yoga to start your day. Stretch, Strengthen, Focus. Yoga mats available.

## SPINNING

This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music base aerobic endurance conditioning and anaerobic intervals training motivated by motivating and expert instructions! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

**Please bring water and a towel to class. Reserve your bike by placing your own water bottle in holder. Newcomers are always welcome! If you are new, please arrive 10 minutes before class start time and identify yourself to your instructor for assistance with bike setup and proper form.**

## Life In Motion

This unique class focuses on balance, building strength and stability in a way that is relevant to your daily life or training!

# ALL ABILITIES WELCOME!