

# Fall 2018 Group Fitness Schedule

Sept 5—Dec 14

All classes FREE  
No registration required

**KRESS**  
**EVENTS CENTER**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7:00-7:45am <b>Sunrise Yoga</b> Megan		7:00-7:45am <b>Sunrise Yoga</b> Brandon		7:00-7:45am <b>Sunrise Yoga</b> Erin
7:45-8:45am <b>Aqua Aerobics</b> Megan *KEC Pool		7:45-8:45am <b>Aqua Aerobics</b> Natalie N *KEC Pool		7:45-8:45am <b>Aqua Aerobics</b> Abby *KEC Pool
		7:50-8:30 <b>Drum Aerobics</b> Darrell		
11:45-12:15 <b>Dance Fitness</b> Abby	12:15-12:45 <b>Yoga</b> Alex	11:45-12:15 <b>Dance Fitness</b> Abby	12:15-12:45 <b>Yoga</b> Alex	12:15-12:45 <b>Yoga</b> Brandon
4:30-5:15 <b>Interval Training</b> Noah	4:15-4:45 <b>Hip Hop Cardio</b> Natalie G	4:30-5:15 <b>Interval Training</b> Noah	4:15-4:45 <b>Hip Hop Cardio</b> Natalie G	
5:30-6:00 <b>Body Sculpt</b> Carlie	5:00-5:45 <b>Body Sculpt</b> Sam	5:30-6:00 <b>Body Sculpt</b> Carlie	5:00-5:45 <b>Body Sculpt</b> Sam	
6:15-7:00 <b>Barre Sculpt</b> Michelle	6:00-6:30 <b>Interval Training</b> Sthephany	6:15-7:00 <b>Barre Sculpt</b> Michelle	6:00-6:30 <b>Interval Training</b> Sthephany	
7:15-8:00 <b>Yoga</b> Brandon	6:45-7:30 <b>Boot Camp</b> Tyler	7:15-8:00 <b>Yoga</b> Megan	6:45-7:30 <b>Boot Camp</b> Tyler	
	8:00-8:30 <b>Yoga for Relaxation</b> Emalie		8:00-8:30 <b>Yoga for Relaxation</b> Emalie	

Schedule subject to change based on instructor availability.

For up to date schedules follow the Kress Events Center on social media.



# Fall 2018 Group Fitness Schedule

## Class Descriptions

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### **Sunrise Yoga**

This yoga practice will incorporate relaxation while helping you to build strength and flexibility. Learn proper breathing techniques while you practice many yoga poses for full-body strength, balance, and flexibility. Suitable for all fitness levels.

### **Aqua Aerobics**

It's time to heat up the pool! This 60-minute workout uses the natural resistance and buoyancy of water to provide an effective, low-impact routine.

\*Classes takes place in the KEC pool

### **Dance Fitness**

This 30-minute class is a fun and easy aerobic, dance-based workout that follows along to popular music. You'll work your abs, legs, arms, and get your heart pumping. Join the party!

### **Interval Training**

An ultra-effective form of training, interval training has been proven to torch more calories in less time through alternating intervals of high and low intensity. This means you can get serious results, even when you're crunched for time. Instructors provide plenty of modifications so that all fitness levels are welcome!

### **Body Sculpt**

This 30-minute, full-body workout that is suitable for all fitness levels and incorporates moderate-high intensity cardio/strength training. The instructor gives options for participants in order to help everyone feel successful!

### **Barre Sculpt**

Get ballerina toned muscles in this muscle burning, body strengthening class including ballet-inspired movement and drills! No prior ballet experience or supplies necessary. Tone your legs, booty, arms, back, and abs! Class includes a focus on flexibility in a relaxed stretching portion.

### **Yoga**

Challenge and connect your mind and body with yoga poses, conscious breathing and relaxation techniques. Remember - yoga is an individual practice, where all judgment, competition and expectations are let go, and the focus is internal on your own experience that day.

### **Hip Hop Cardio**

If you like Zumba, you'll love this Hip Hop workout done in the same popular follow-along format. The group participation routines combine Hip Hop grooves and fresh Top 40 Music.

### **Boot Camp**

This athletic-based workout focuses on three major components of any workout: core exercises, cardiovascular work, and strength training. Using a variety of equipment, this class is designed to work every major muscle group in the body and deliver real results, real fast.

### **Yoga for Relaxation**

In search of a way to de-stress and calm your whole being while lengthening your entire musculature? Then this is the class for you. After a half hour of this yoga practice, you will leave feeling lighter than you did when you walked into the studio. Enjoy!

### **Drum Aerobics**

This format combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. Lightweight hoops provided.



UNIVERSITY of WISCONSIN  
**GREEN BAY**