

Summer 2018 Group Fitness Schedule

May 21—August 31

All classes FREE
No registration required

KRESS
EVENTS CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|------------------------------------|--|------------------------------------|--|
| 7:00-7:45am Yoga Erin | | 7:00-7:45am Yoga Erin | | 7:00-7:45am Yoga Erin |
| 7:45-8:45am Aqua Aerobics Abby | | 7:45-8:45am Aqua Aerobics Abby | | 7:45-8:45am Aqua Aerobics Megan |
| | | 7:50-8:30 Drum Aerobics Darrell | | |
| | | | | |
| 12:15-12:45 Just Dance! Abby | 12:15-12:45 Yoga Alex | 12:15-12:45 HIIT Alex | 12:15-12:45 Yoga Alex | 12:15-12:45 Just Dance! Abby |
| | | | | |
| 4:15-5:00 Yoga Megan | | 4:15-5:00 Yoga Megan | | |
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Schedule subject to change based on instructor availability.

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



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Class Descriptions

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HIIT

HIIT = High Intensity Interval Training. An ultra-effective form of training, HIIT 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. While this class is a challenge, instructors provide plenty of modifications so that all fitness levels are welcome!

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.

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

Just Dance!

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!

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.