



THE UNIVERSITY OF WINNIPEG

Group Fitness January 4th-April 23rd, 2010

Class Descriptions

Core Fusion - Designed to build stability and strength in core muscles using techniques adapted from Yoga and Pilates.

Cardio Interval - Uses a variety of equipment & intervals to focus on increasing muscular strength, cardiovascular endurance & flexibility through a number of core stabilizing exercises

Core Training – Class is devoted to strengthen the abdominals and low back and aimed to increase core strength, lessen back pain, improve posture and tone abdominals.

Body Sculpt - Is a muscle strength and endurance workout which will help you sculpt your entire body!

Hi/Lo Step Interval - A high energy class with a mix of both Hi-Lo and Step cardio.

Low Impact - Blast off energy in this cardio workout with no jumping or jogging, one foot is always on the ground.

Zumba – a fun series of Latin Style movements set to music. No need to know how to dance or have a partner, just the desire to have and sweat!

Class Schedule (CLASSES ALTERNATE WEEKLY)				
MON	TUES	WED	THURS	FRI
12:30-1:15	12:05-12:50	12:30-1:15	12:05-12:50	12:30-1:15
CARDIO INTERVAL (HI/LO)	ZUMBA	CORE TRAINING	HI/LO STEP INTERVAL	BODY SCULPT
HI/LO STEP INTERVAL	NEW! CORE FUSION	LOW IMPACT	BODY SCULPT	CARDIO INTERVAL (STEP)