

# Spring 2012 Recreation Services

## Fitness Wellness Programming



### Kenneth Langone Athletics & Recreation Center Group Fitness Classes – Wed., January 18 - Tues., May 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 8:00 a.m.	SPINNING <i>Phil</i>	TAI CHI <i>Steve</i>	SPINNING <i>Phil</i>		SPINNING <i>Phil</i>
8:00 – 9:00 a.m.	PILATES <i>Katrina</i>	STEP <i>Michelle</i>	PILATES <i>Katrina</i>	STEP <i>Michelle</i>	PILATES <i>Katrina</i>
9:00 – 10:00 a.m.		YOGA FLOW <i>Elizabeth</i>		YOGA FLOW <i>Elizabeth</i>	
11:00 – 12:00 a.m.	Water Aerobics <i>Corinne</i>		Water Aerobics <i>Corinne</i>		Water Aerobics <i>Corinne</i>
12:00 – 1:00 p.m.		H.I.T. <i>Kari</i>		H.I.T. <i>Kari</i>	
4:00 – 5:00 p.m.		ZUMBA <i>Steph</i>		TAI CHI <i>Steve</i>	ZUMBA <i>Grace</i>
5:00 – 6:00 p.m.	ZUMBA <i>Grace</i>	YOGA & ABS <i>Morgan</i>	ZUMBA <i>Grace</i>	POWER YOGA <i>Morgan</i>	
6:00 – 7:00 p.m.		KICKBOXING <i>Tony</i>	SPINNING <i>Laura</i>	KICKBOXING <i>Tony</i>	

\*\* Water Aerobics located in Kinney Natatorium

For up-to-date information, please visit: [www.bucknell.edu/x1792.xml](http://www.bucknell.edu/x1792.xml). Schedule is subject to change  
For more information contact Annette Stutzman Fitness/Strength Assistant at 570-577-1465 or [as058@bucknell.edu](mailto:as058@bucknell.edu)

## Group Fitness Class Descriptions

**Spinning with Phil** – Take a personal journey on these rides by losing yourself in the music and enjoying the ride INSTEAD of just riding. You and the bike. Intensity is up to you!

**H.I.T** – A step interval class utilizing a variety of combinations. Be prepared to get your heart rate elevated!

**Water Aerobics** – Total body workout with a splash! A great cardio workout that is easy on your joints. All levels of activity and swimming experience welcomed. Classes take place in the shallow end of Kinney Natatorium.

**Zumba** – Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music (with some of today's hit music) and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.” NO DANCE EXPERIENCE NEEDED!!

**Power Yoga** – A whole body workout designed to strengthen, tone, and increase flexibility while incorporating the basic yogic principles of breathing and the mind/body connection. All levels welcome!

**Yoga & Abs** – Half yoga and half abs. All levels welcome!

**Yoga Flow** – This class is fitness-based focusing on flexibility and strength through breath work and vinyasa, or flow of postures.

**Spinning with Laura** – A fun and upbeat cycling class for people of all athletic levels. Get ready for a workout of hills and interval training that will get your body in shape!

**Step** – A series of easy-to-follow combinations guaranteed to get your heart rate elevated. A sculpting session is included in the 60-minute class utilizing dumbbells, bands, etc. All levels of experience welcomed.

**Kickboxing** – This is a non-contact kickboxing class utilizing basic kicks and punches on a heavy bag. Designed as a total body workout, this class will make you sweat!

**Pilates** – Work your core like never before! Power Pilates uses basic Pilates exercises to help you strengthen and increase control throughout your whole body. All levels welcome!

**Tai Chi** - T'ai Chi Ch'uan is an ancient form of exercise that is practiced very slowly, emphasizing breathing; relaxation by learning to let go of tension in the joints; correct postural alignment and balance, through weight shifting, an increased awareness of one's center of gravity and a sense of being rooted to the earth. It makes use of visualization techniques and is often described as “meditation in movement”.

## Fall 2012 Bucknell University Recreation Services

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