

January 14 - April 29, 2019

BISON REC **SPRING** GROUP **FITNESS**

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 @Bucknell_Rec
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M

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W

TH

F

6:30 - 7:30AM Fac/Staff Only BARRE BURN	6:30 - 7:30AM Fac/Staff Only BOOTCAMP	6:30 - 7:30AM Fac/Staff Only BARRE BURN	6:30 - 7:30AM Fac/Staff Only BOOTCAMP	NOON - 1:00PM Fac/Staff ONLY YOGA LAURIE (Rooke Chapel)
10:00 - 10:45AM YOGA LAURIE	11:00 - 11:45AM YOGA CHERI	10:00 - 10:45AM YOGA LAURIE	11:00 - 11:45AM YOGA CHERI	12:10 - 12:50PM TRX* MAMIE
12:10-12:50PM H.I.I.T. LUCY	12:10- 12:50PM KICKBOXING/H.I.I.T WILL	12:10PM - 12:50PM H.I.I.T LUCY	12:10- 12:50PM KICKBOXING/H.I.I.T WILL	3:00 - 4:00PM POSITIVE VIBEZ JENNY
12:10PM - 12:50PM SPINNING* LIZ	3:00 - 4:00PM SPINNING* ALLI	12:10PM - 12:50PM SPINNING* JEWEL	3:00 - 4:00PM SPINNING* ALLI	4:00 - 4:45PM WARRIOR RIDE* JASON
4:00 - 4:45PM WARRIOR RIDE* JASON	4:00 - 4:45PM BARRE BURN JESSICA	4:00 - 4:45PM WARRIOR WORKOUT JASON	4:00 - 5:00PM H.I.I.T MELISSA	4:30 - 5:30PM BARRE BURN JESSICA
4:30 - 5:30PM BARRE BURN JESSICA	4:45 - 5:45PM Fac/Staff Only - TBC DOLORES	4:30 - 5:30PM BARRE BURN JESSICA	4:45 - 5:45PM Fac/Staff Only - TBC DOLORES	4:45 - 5:15PM WARRIOR CORE JASON
4:45 - 5:15PM WARRIOR WORKOUT JASON	5:00 - 6:00PM H.I.I.T. LIZ	4:45 - 5:15PM WARRIOR RIDE* JASON	5:00 - 5:30PM CORE STRENGTH LIZ	5:30 - 6:30PM SPINNING* CAROLINE
6:00 - 7:00PM YOGA FOR MENTAL HEALTH LAURIE	6:00 - 7:00PM SPINNING* JEWEL	5:30 - 6:00PM CORE STRENGTH ALLI	6:00 - 7:00PM SPINNING* LIZ	
7:00 - 8:00PM H.I.I.T. MELISSA	6:00 - 7:00PM ZUMBA MARGOT	6:00 - 7:00PM SPINNING* MEGAN	7:00 - 8:00PM H.I.I.T. LUCY	SAT 10:30 - 11:00AM H.I.I.T. LUCY
7:00 - 8:00PM POSITIVE VIBEZ JENNY	7:00 - 8:00PM H.I.I.T. LUCY	6:00 - 7:00PM ZUMBA SANDY	9:00 - 10:00PM LATE NIGHT YOGA RENEE	11:00 - 11:30PM CORE STRENGTH LUCY
9:00 - 10:00PM LATE NIGHT YOGA RENEE		8:00 - 9:00PM YOGA BUFFY		11:30 - 12:00PM CORE STRENGTH ALLI

Dance Studio
Studio 2

* Indicates class size is limited.

SUN

NOON - 1:00PM
SPINNING*
ALLI

BISON REC

Sign up for each class through the Bison Rec App. Registration begins 1 hour prior to class start time.

9:00 - 10:00PM
LATE NIGHT YOGA
RENEE

GROUPFITNESS

CLASS DESCRIPTIONS

BOOTCAMP

Boot camp is a class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

BARRE BURN

Total body workout that utilizes the ballet barre to perform small, isometric movements, which burn fat and sculpt muscles concentrating on hips, thighs, glutes, abdominals, and arms.

CORE STRENGTH

Tone and shape your core as you develop strength and conditioning throughout your midsection.

H.I.I.T

A step interval class utilizing a variety of combinations. Be prepared to have your heart rate elevated!

KICKBOXING

A non-contact kickboxing class utilizing basic kicks and punches on a heavy bag.

POSITIVE VIBEZ

Inspired by KAZAXE this dance-exercise class is a combination of international beats that includes dancehall, soca, acrobat, and more! Come ready to sweat and have fun in this one hour total body workout class!

SPINNING/WARRIOR RIDE/WARRIOR SPRINT*

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!

WARRIOR CORE

A half hour of intense core work. Set to upbeat music, you'll work your entire core and learn new exercises to help sculpt the body! This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

WARRIOR WORKOUT

Warrior Workout is a combined challenge of muscular strength and cardiovascular endurance. Test your ability to exert maximum muscle effort for an extended period, while the entire body is put to the test. All-out efforts, intense fun, 45 minutes.

YOGA / SUNRISE YOGA / LATE NIGHT YOGA

This class will incorporate sun salutations, flexibility, strength and balance. Students will flow through various sequences while linking movement to breath, with focus on form and alignment.

ZUMBA®

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness- class. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. **NO DANCE EXPERIENCE NEEDED AND BEGINNERS ARE WELCOME!**

SCHEDULE SUBJECT TO CHANGE

**Indicates class size is limited in number. Each class will be open to registration 1 hour before the start time through the IMLeagues app on the app store. Find the Fitness tab under the Network feature on the bottom of the screen, find the class, then register!*