

# DROP-IN FITNESS

## Spring 24 SCHEDULE



**NOTES:**  
 HAPPY HOUR IN ROOM 236  
 HIGH/LOW FIT IN ROOM 231  
 Tues YOGA IN ROOM 304 & Mon 231A  
 Mon Yoga  
 SPINNING IN SPINNING ROOM (starts 1/18)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM		Early Morning Yoga			
-7:15 AM		-Shell 231A			
7:30 AM					
-8:30 AM					
12:00 PM		Spinning		Spinning	
-12:45 PM		-Tiffany		-Tiffany	
5:00 PM	High Low 231A		High Low 231A		
-5:50 PM	-Emily, Kelcie, Courtney		- Emily 231A		
5:00 PM		Happy Hour 236		Happy Hour 236	
-5:45 PM		- Naz		- Naz	
6:30 PM	Yoga for the rest of us				
-7:30 PM	231A w/ Shell				
<b>SATURDAY</b>					

**ALL ABILITIES WELCOME!**

# DROP-IN FITNESS CLASS SCHEDULE



## NOTES:

HAPPY HOUR IN ROOM 236

HIGH/LOW FIT IN ROOM 31

YOGA IN ROOM 304

SPINNING IN SPINNING ROOM

## HIGH LOW

Reminiscent of the aerobics glory days, **HIGH LOW** is based on traditional aerobic principles that create a steady state cardio workout. Expect non-stop cardio and toning moves in easy-to-follow fitness choreography to music you know and love. **HIGH LOW** brings the same energy, intensity, and effectiveness of high fitness class and lower impact.

## HAPPY HOUR

### *“Bootcamp with a Twist!”*

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. It's never the same workout with Naz, and these classes are designed to push participants harder than they'd push themselves, keeping the body guessing!

## Early Morning Yoga

Beginner level Yoga to start your day. Stretch, Strengthen, Focus. Yoga mats available.

## SPINNING

This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music base aerobic endurance conditioning and anaerobic intervals training motivated by motivating and expert instructions! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

**Please bring water and a towel to class. Reserve your bike by placing your own water bottle in holder. Newcomers are always welcome! If you are new, please arrive 10 minutes before class start time and identify yourself to your instructor for assistance with bike setup and proper form.**

## YOGA for the rest of us

Beginning Yoga for anyone who thinks Yoga is NOT for them! Yoga mats available.

# ALL ABILITIES WELCOME!