

FALL INTERIM GROUP FITNESS SCHEDULE

Day	Time	Class	Instructor	Location	Note*	Day	Time	Class	Instructor	Location	Note*
Sunday	4:30 PM – 5:25 PM	Pilates	Kara	Court 10	1	Wednesday	12:00 PM – 12:55 PM	Iyengar Yoga	Lee	MPR B/C	1
Sunday	4:30 PM – 5:25 PM	Cycle	Kellen	MPR A	2	Wednesday	12:15 PM – 1:00 PM	Pilates Express	Alli S	Court 10	1
Sunday	5:30 PM – 6:10 PM	TBC	Leah	Court 10		Wednesday	1:00 PM – 1:45 PM	Cycle Express	Danni	MPR A	2
Sunday	5:30 PM – 6:25 PM	Vinyasa Yoga	Lexie	MPR B/C	1	Wednesday	4:15 PM – 5:00 PM	Shalow Water Workout	Heather	Lanes 1-3	
Sunday	6:10 PM – 6:25 PM	Crunch	Leah	Court 10	1	Wednesday	4:30 PM – 5:10 PM	Cardio Cuts	Alison	Court 10	
Sunday	6:30 PM – 7:25 PM	Core Board	Kelly	Court 10		Wednesday	4:30 PM – 5:25 PM	Cycle	Derek	MPR A	2
Sunday	6:30 PM – 7:25 PM	Rhumba	Jenny	MPR B/C		Wednesday	5:10 PM – 5:25 PM	Crunch	Alison	Court 10	1
Sunday	7:30 PM – 8:25 PM	Cardio Kickbox Circuit	Karina	Court 10		Wednesday	5:30 PM – 6:25 PM	TBC	Ally P	Court 10	
Sunday	7:30 PM – 8:25 PM	Cycle	Derek	MPR A	2	Wednesday	5:30 PM – 6:25 PM	Vinyasa Yoga	Lexie	MPR B/C	2
Monday	7:15 AM – 8:10 AM	Cycle	Elizabeth	MPR A	2	Wednesday	6:30 PM – 7:25 PM	Core Board	Leah	Court 10	
Monday	9:00 AM – 9:55 AM	Cycle	Chris	MPR A	2	Wednesday	6:30 PM – 7:25 PM	Rhumba	Jenny	MPR B/C	
Monday	12:00 PM – 12:55 PM	Iyengar Yoga	Lee	MPR B/C	1	Wednesday	7:30 PM – 8:10 PM	Cardio Kickbox	Kelly	Court 10	
Monday	1:00 PM – 1:45 PM	Cycle Express	Kristen R	MPR B/C	2	Wednesday	7:30 PM – 8:25 PM	Cycle	Suzanne	MPR A	2
Monday	4:15 PM – 5:00 PM	Aqua Jogging	Ann	Pool		Wednesday	8:10 PM – 8:25 PM	Crunch	Kelly	Court 10	1
Monday	4:30 PM – 5:10 PM	Cardio Cuts	Alison	Court 10		Wednesday	8:30 PM – 9:25 PM	Pilates	Kara	Court 10	1
Monday	4:30 PM – 5:25 PM	Cycle	Ally P	MPR A	2	Wednesday	8:30 PM – 9:25 PM	Vinyasa Yoga	Anna	MPR B/C	2
Monday	5:10 PM – 5:25 PM	Crunch	Alison	Court 10	1	Thursday	7:15 AM – 8:10 AM	Ease Into Boot Camp	Jeannette	See Note	3
Monday	5:30 PM – 6:25 PM	TBC	Sarah	Court 10		Thursday	7:30 AM – 8:25 AM	Iyengar Yoga	Lee	MPR B/C	1
Monday	5:30 PM – 6:25 PM	Kripalu Yoga	Kim	MPR B/C	1	Thursday	12:00 PM – 12:45 PM	Pilates Express	Kara	Court 10	1
Monday	6:30 PM – 7:25 PM	Core Board	Shawna	Court 10		Thursday	12:00 PM – 12:45 PM	Cycle Express	Caitriona	MPR A	2
Monday	6:30 PM – 7:25 PM	Hip Hop	Jasmine	MPR B/C		Thursday	12:15 PM – 1:00 PM	Aqua Jogging	Judy	Pool	
Monday	7:30 PM – 8:25 PM	Pilates	Debra	Court 10	1	Thursday	12:45 PM – 1:40 PM	Hatha Yoga	Diana	MPR B/C	1
Monday	7:30 PM – 8:25 PM	Cycle	Aimee	MPR A	2	Thursday	4:00 PM – 5:25 PM	Cyasana	Jeannette	MPR A/B/C	1, 2
Monday	8:30 PM – 9:10 PM	Cardio Kickbox	Madelaine	Court 10		Thursday	4:30 PM – 5:10 PM	Core Board	Leah	Court 10	
Monday	8:30 PM – 9:25 PM	Vinyasa Yoga	Anna	MPR B/C	1	Thursday	5:10 PM – 5:25 PM	Crunch	Leah	Court 10	1
Monday	9:10 PM – 9:25 PM	Crunch	Madelaine	Court 10	1	Thursday	5:30 PM – 6:25 PM	Pilates	Alli S	Court 10	1
Tuesday	7:00 AM – 7:55 AM	Ease Into Boot Camp	check online	See Note	3	Thursday	5:30 PM – 6:25 PM	Cycle	Danni	MPR A	2
Tuesday	7:30 AM – 8:25 AM	Vinyasa Yoga	Jeannette	MPR B/C	1	Thursday	6:30 PM – 7:25 PM	TBC	Andrew	Court 10	
Tuesday	12:00 PM – 12:45 PM	Cycle Express	Caitriona	MPR A	2	Thursday	6:30 PM – 7:25 PM	Hip Hop	Jennifer	MPR B/C	
Tuesday	12:15 PM – 1:00 PM	Shalow Water Workout	Belinda	Lanes 1-3		Thursday	7:30 PM – 8:10 PM	Step	Courtney	Court 10	1
Tuesday	12:45 PM – 1:40 PM	Hatha Yoga	Diana	MPR B/C	1	Thursday	7:30 PM – 8:25 PM	Cycle	Chris	MPR A	2
Tuesday	4:00 PM – 5:25 PM	Cyasana	Jeannette	MPR A/B/C	1, 2	Thursday	8:10 PM – 8:25 PM	Crunch	Courtney	Court 10	
Tuesday	4:30 PM – 5:25 PM	Core Board	Karina	Court 10		Thursday	8:30 PM – 9:10 PM	Cardio Kickbox	Madelaine	Court 10	
Tuesday	5:30 PM – 6:25 PM	Cycle	Kellen	MPR A	2	Thursday	8:30 PM – 9:25 PM	Vinyasa Yoga	Lexie	MPR B/C	2
Tuesday	5:30 PM – 6:10 PM	Step Interval	Courtney	Court 10		Thursday	9:10 PM – 9:25 PM	Crunch	Madelaine	Court 10	1
Tuesday	6:10 PM – 6:25 PM	Crunch	Courtney	Court 10	1	Friday	7:15 AM – 8:10 AM	Cycle	Jeannette	MPR A	2
Tuesday	6:30 PM – 7:25 PM	Pilates	Debra	Court 10	1	Friday	9:00 AM – 9:55 AM	Cycle	Elisa	MPR A	2
Tuesday	6:30 PM – 7:25 PM	Iyengar Yoga	Lee	MPR B/C	1	Friday	11:00 AM – 11:45 AM	Water Yoga	Anna	Pool	
Tuesday	7:30 PM – 8:25 PM	Cardio Kickbox	Kelly	Court 10		Friday	12:00 PM – 12:55 PM	Iyengar Yoga	Lee	MPR B/C	1
Tuesday	7:30 PM – 8:25 PM	Cycle	Andie	MPR A	2	Friday	12:15 PM – 1:00 PM	Cardio Kickbox Express	Madelaine	Court 10	
Tuesday	8:30 PM – 9:10 PM	TBC	Andie	Court 10	1	Friday	1:00 PM – 1:45 PM	Cycle Express	Kristen A	MPR B/C	2
Tuesday	8:30 PM – 9:25 PM	Vinyasa Yoga	Lexi	MPR B/C	1	Friday	3:30 PM – 4:25 PM	Cycle	Andie	MPR A	2
Tuesday	9:10 PM – 9:25 PM	Crunch	Andie	Court 10	1	Friday	4:30 PM – 5:25 PM	TBC	Sarah	Court 10	
Wednesday	7:15 AM – 8:10 AM	Cycle	Elisa	MPR A	2	Friday	4:30 PM – 5:25 PM	Vinyasa Yoga	Lexie	MPR B/C	2
Wednesday	7:15 AM – 8:15 AM	Aqua Jogging	Leonardo	Pool		Friday	5:30 PM – 6:25 PM	Pilates	Kara	Court 10	1
Wednesday	9:00 AM – 9:55 AM	Cycle	Kristen R	MPR A	2						

***SEE REVERSE FOR NOTES AND CLASS DESCRIPTIONS**

GENERAL

Campus Recreation has over 90 classes per week for you to choose from! The permanent fall Group Fitness schedule will start on Monday, September 28 and will run until Friday, December 18. There will be no classes on the following dates:

- All Saturdays
- Friday October 9 (3:30 PM & after) through Monday October 12, Columbus Day Weekend
- Tuesday, 11/24/09 (4pm & after) through Sunday, 11/29/09 Thanksgiving break

Class types and times are subject to change at any point in the semester. For the most updated information, check the Group Fitness website at www.bc.edu/groupfitness for all class changes, cancellations and substitutions. You can also get updates by joining our email list. Make a request online at: <https://listserv.bc.edu/sympa/subscribe/groupfitness>

NOTES

1. You will be required to bring your own sticky mat to class. The Plex sells sticky mats for \$20.00 per mat at the Equipment Desk. Class will be limited to room capacity, first come, first serve.
2. To sign up for cycle class one day in advance, individuals must present a valid BC bar-coded, picture ID at the Equipment Desk. All reservations must be made by the person attending the cycle class. Same day reservations may be made in person or over the phone by calling 552-0796. Reservations for Saturday & Sunday may be made in person on Friday. One reservation per class per day may be made. Upon entering the Complex, individuals must declare reservations at MPR A. Reservations which are not declared by the appropriate individual will be forfeited immediately at the scheduled class start time. There will be a 7 person wait list and those who arrive late will have their spot given to the next person on the waiting list. Repetitive no shows will not be granted the privilege to take classes. Participants may NOT adjust the cycles other than handle bar height and seat height (no bringing your own pedals, seats, etc.) ONLY gel pads are allowed. Members should bring a towel and water. Participants are required to wipe down cycles after class. Cleaning supplies are provided.
3. Class meets in Campus Recreation lobby at 7:10am and may continue outside, weather depending.

CLASS DESCRIPTIONS

CARDIO-VASCULAR

Cardio Kickbox – Jab, punch and kick your way through a fun and intense cardio workout. This class combines techniques from various martial arts, boxing and kick-boxing.

Cycle – Looking to Increase your overall energy, cardio endurance, and calorie expenditure? Then this class is for you. This motivating and challenging stationary cycling class simulates both road and mountain biking training techniques. Also see note 2.

Hip Hop (with Jasmine) – This is an authentic, unisex dance fitness class that incorporates the classic modern and cultural styles into the traditional hip hop form. This is hip hop in its original, purest state! In this class you will learn techniques, popular dances and moves that you will be able to take with you outside of class.

Hip Hop (with Jen) – Workout to the latest Hip Hop music and learn the hottest dance choreography you see and hear in hip hop videos.

Rhumba – This fun class uses Latin music and dance moves to create a high energy cardio workout.

STRENGTH TRAINING

Crunch – An intense abs workout!

Pilates – This mat class is based on the principles and essential exercises of contemporary Pilates mat work. Such floor exercises are designed to use the body's core or "powerhouse." Focus on proper alignment and movement patterns through the spine, pelvis and shoulders. The movements performed will stretch and strengthen, work deep muscles and can improve posture. Also see note 1.

TBC – (Total Body Conditioning) The more muscle you have the more fat you burn, so sculpt your body into a fat burning machine! You will use a combination of barbells, ankle weights, dumbbells and resistance bands to strengthen your entire body.

CROSS TRAINING

Cardio Cuts – Mix up your workout! This class combines Cardio Kickbox, Step and TBC for a full cardio and strength building workout.

Cardio Kickbox Circuit – This calorie burning class combines the Cardio Kickbox class with ployometric and weight interval stations.

Core Board – This complete and challenging workout designed to optimize power, balance, and functional strength using the Reebok Core Board. This dynamic, multi-dimensional training system is based on athletic training and sports rehabilitation principles.

Cyasana – Get the best of both worlds! Cycle for 45 minutes of intense cardio work followed by 40 minutes of the strength, flexibility and relaxation exercises of Hatha Yoga.

Ease Into Boot Camp – A self paced, fun and motivating class that incorporates cardiovascular, strength, flexibility and core training. Use of multiple outdoor venues and modalities will be part of this exciting class. Bring a bottle of water.

Step & Sculpt – This class intervals intense but easy to follow cardio vascular work on the step with weight training for a total body workout.

MIND BODY

Hatha Yoga – This class will focus on yoga postures (asanas), breathing techniques (pranayama) and meditation to achieve balance between the mind and body. Improve flexibility and concentration as well as foster relaxation. Also see note 1.

Iyengar Yoga – This is a type of Hatha Yoga based on the teachings of B.K.S. Iyengar. Emphasis is given to precision and alignment in all postures: standing, sitting, twisting, inverted, forward bending, backward bending and supine postures. Students are taught to hold postures for a longer duration of time to experience it fully. Build strength, increase general vitality, improve circulation, coordination and balance. Also see note 1.

Kripalu Yoga – This style of yoga focuses is a challenging approach to asana practice that emphasizes on uniting proper alignment, breath work and meditation. Participants are guided to move at their own pace, respecting their body's needs in each moment. Also see note 1.

Vinyasa Yoga – This vigorous style of Hatha yoga is inspired by a variety of Hatha styles such as Kripalu, Ashtanga, and Bikram. Class consists of a continuous series of postures which are linked together with fluid connecting movements (vinyasa). Postural alignment and coordination of breath and movement are emphasized. Also see note 1.

WATER FITNESS

Aqua Jogging – Love to run, but your joints don't? Come join our low-impact, high-resistant water jogging class. Stretching, interval training, and strength building will be some of the techniques used in this highly innovative class. Jogging belts will be provided. Comfort in deep water a must.

Water Yoga – Two disciplines unite with yoga in the water. This Hatha Vinyasa formatted class combines the benefits of continuous series of postures which are linked together with fluid connecting movements (vinyasa), with the added stability of water. A great workout and stress reliever in one class! Entire class in shallow water.

Shallow Water Power Workout – Come join us during your lunch hour for challenging, refreshing workout! Improvement in balance, muscular strength, and cardio endurance are just some of the benefits of this class. Come ready to work hard!

CYCLE SIGN UPS: 617.552.0796

CONTACT INFORMATION

For questions about the schedule or Group Fitness Program, or to learn about how to become an instructor, contact:

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