



# Lander University Campus Recreation

## Group Exercise Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am-7:15am	<b>CrossFit</b> Fitness Center <i>Dylan</i>	<b>CrossFit</b> Fitness Center <i>Dylan</i>	<b>CrossFit</b> Fitness Center <i>Dylan</i>	<b>CrossFit</b> Fitness Center <i>Dylan</i>	<b>CrossFit</b> Fitness Center <i>Dylan</i>
6:30am-7:15am	<b>45toFIT</b> Aerobics Studio <i>Hannah</i>		<b>45toFIT</b> Aerobics Studio <i>Hannah</i>		
12pm-1pm	<b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>12:15p-1:15p</b> <b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>12:15p-1:15p</b> <b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>CrossFit</b> Fitness Center <i>Matthew</i>
5:15pm-6:10pm	<b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>CrossFit</b> Fitness Center <i>Matthew</i>	<b>CrossFit</b> Fitness Center <i>Matthew</i>	
	<b>SPIN</b> Spin Room <i>Camry</i>	<b>SPIN</b> Spin Room <i>Camry</i>	<b>SPIN</b> Spin Room <i>Camry</i> <b>FACULTY/STAFF</b> <b>YOGA</b> Aerobics Studio <i>Gina</i>	<b>SPIN</b> Spin Room <i>Camry</i>	
6:15pm-7:10pm	<b>15 MIN ABS (6:30p)</b> Aerobics Studio <i>Kaylee</i>	<b>BOOTY BOOTCAMP</b> Aerobics Studio <i>Kaylee</i>	<b>YOGA</b> Aerobics Studio <i>Gina</i>	<b>BOOTY BOOTCAMP</b> Aerobics Studio <i>Kaylee</i>	
6:30pm-7:30pm	<b>CrossFit</b> Fitness Center <i>Dan</i>	<b>CrossFit</b> Fitness Center <i>Dan</i>	<b>CrossFit</b> Fitness Center <i>Dan</i>	<b>CrossFit</b> Fitness Center <i>Dan</i>	
7:15pm-8:10pm	<b>45toFIT</b> Aerobics Studio <i>Hannah</i> (45 Minutes)	<b>ZUMBA</b> Aerobics Studio <i>Anna C.</i>			
8:15pm-9pm		<b>45toFIT</b> Aerobics Studio <i>Hannah</i>	<b>45toFIT</b> Aerobics Studio <i>Hannah</i>		

## Guidelines for Participation

1. All participants must be a current Lander University Student, Faculty, or Staff member to be eligible for all classes.
2. All classes are offered on a first-come, first-served basis. The GX Staff reserves the right to determine class maximums based on available equipment and facility space. **A minimum of 3 participants is required for a class to take place.**
3. For reasons of safety and courtesy, no one will be allowed to enter class more than 10 minutes after the official start time. The GX staff reserves the right to deny participants entrance if they are late.
4. All schedules are subject to change. Classes may be temporarily or permanently cancelled based on low attendance or other reasons not specified. Updated schedules will be posted to the web and at class locations.
5. It is strongly recommended that you bring water and a towel to each class.
6. All personal belongings (other than ID, water and towel), should be placed in daily lockers. The GX and/or Campus Recreation staff is not responsible for lost or stolen items.
7. With the exception of Yoga classes, participants must have athletic footwear.
8. The use of iPods, cell phones and other personal electronics is prohibited when classes are in session.

## Class Descriptions

**BOOTY BOOTCAMP** – *This class will consist of high-intensity interval training that can leave any one breathless. Bodyweight movements and plyometrics will be involved plus the occasional use of resistance bands and/or weights will make all other exercises a challenge during this class.*

**CROSSFIT** – *Constantly varied, functional movements, performed at relatively high intensity with the intent to increase work capacity across broad time and modal domains. Improves your overall fitness by doing different exercises with correct mechanics, consistency with these mechanics, and with intensity after this has been achieved. (REQUIRES FOUNDATIONAL MOVEMENTS 101 TO ATTEND) (MAXIMUM 8 PARTICIPANTS, SIGN UP THROUGH WODIFY TO RESERVE SPOT)*

**15 MINUTE ABS** – *This class will be ever-changing and will include endless core exercises in a quick 15 minutes! A great addition for pre- or post-workout core work. Add it to your group class or come in before or after your fitness center session.*

**45toFIT** – *45toFIT combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. This combination of interval, cardiovascular, and strength training has been proven to be the most effective workout method for burning fat and building lean muscle.*

**SPIN** - *All classes will be an interval, all level spin-cycling class focused on burning away those unwanted calories and strengthening your legs and core in a group atmosphere. (MAXIMUM 12 PARTICIPANTS, SIGN UP THROUGH [WWW.IMLEAGUES.COM/LANDER/FITNESS](http://WWW.IMLEAGUES.COM/LANDER/FITNESS))*

**YOGA** - *An Iyengar inspired introduction to the fundamentals of yoga with an explanation of the postures combined with correct breathing techniques. Class is conducted at a more relaxed pace and all levels are welcome.*

**ZUMBA** - *Zumba allows anyone and everyone to have fun while dancing and exercising, and at the same time - learning different styles of Latin movement to amazing Latin music and burning calories.*

**JOIN US!!! [www.lander.edu/Student-Affairs/Campus-Recreation/Overview.aspx](http://www.lander.edu/Student-Affairs/Campus-Recreation/Overview.aspx)**

**Check Social Media for special events, announcements, and more!**



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