



GROUP FITNESS: LAND

CHOREOGRAPHY:

(B)-Beginning, (I)-Intermediate, (A)-Advanced
Choreography describes the complexity & difficulty of the steps/movements.

INTENSITY: (low) 1, 2, 3, 4 (high)

Intensity describes the strenuousness of the workout.

BALLET TONE No prior dance experience needed. Develop grace, strength, coordination, balance and flexibility as contemporary fitness concepts are combined with ballet movements. B, I / 1, 2, 3

NEW

BLAST Train and play in a brand new way! Use the Gliding™ Discs, BOSU® Balance Trainer, and more fun equipment for a full body cardio and strength workout. B, I / 1, 2, 3

BOSU® BURN Integrate cardio and strength on the BOSU® Balance Trainer to challenge your body in new ways. B, I / 2, 3, 4

BUTTS & GUTS 30 minutes of toning, targeting those problem areas. B, I / 1, 2, 3

NEW

BUTTS & GUTS 'N MORE Focus on those resistant areas with Butts & Guts' best moves plus innovative strength and stability exercises and equipment. B, I / 1, 2, 3

CARDIO FUSION Like the name says - it's different styles mixed together. BOSU®, cardio dance, Gliding™, kickboxing, step, Zumba™, and more. Let your imagination run wild. B, I / 1, 2, 3

DEFINITION Strengthen your entire body using various balls, BOSU® Balance Trainer, dynabands, and gliding discs to watch yourself take shape. B, I / 1, 2, 3

HARD CORE Your core is defined as everything but your arms & legs. Focused work on your abs, lower back, shoulder girdle and hips for enhanced definition, stability and flexibility. B, I / 1, 2, 3

HIP HOP HUSTLE™ From the creators of Turbo Kick™ comes a pre-designed hip-hop dance class that energizes and has attitude. Super hot moves and music add to the fun! No experience required. B, I / 1, 2, 3

KICKBOXING Technique and drills will drive this cardio kickboxing class. B, I / 2, 3

NEW

METABOLIC TRAINING Circuits specifically designed by certified personal trainers to prevent you from hitting a "plateau" with your workout results. Burn high calories in a short time. Class is recommended for intermediate participants. I, A / 3, 4

POWER PUMP Maximize results in minimal time! Use barbells and weights to develop and strengthen major muscle groups. B, I / 1, 2, 3

POWER STEP A challenging, choreographed cardiovascular workout performed on and around the step. I, A / 2, 3

FREE

QUICK CRUNCH Enhance your core in a short intense workout. B, I / 1, 2 / FREE

STEP 101 Simple step patterns to help transition you to POWER STEP class. May include core conditioning and flexibility. B / 1, 2, 3

TURBO KICK™ An addictive, non-stop mix of kickboxing, dance, and conditioning with high energy music. Improve your cardio, balance, strength, and power. I, A / 1, 2, 3, 4

ZUMBA® Easy to follow dance steps, body sculpting movements, and pulsating Latin and International music produce a dynamic, exciting, and effective fitness system. B, I / 1, 2, 3

GROUP FITNESS: CYCLING

CADENCE Get in rhythm with the bike and get your blood pumping as you train to make your heart more efficient. B, I / 1, 2, 3

REV Experience the ride of your life! Enjoy the cardiovascular and low impact benefits of cycling. Perfect for everyone, serious or recreational cyclists and fitness enthusiasts. B, I / 1, 2, 3

REV-30 For the most complete workout in under 60 minutes, pair this fun ride with the Super Circuit. Technique, cadence, climbing, and sprinting will be emphasized. B, I / 1, 2, 3

SPINNERGY Cycling and yoga fusion. After your cardiovascular workout, take it to the mat to increase flexibility and restore fatigued muscles. B, I / 1, 2, 3, 4

GROUP FITNESS: WATER

AQUA FUSION Boot camp, shallow and deep water exercises designed to enhance your strength and endurance. B, I / 1, 2, 3

IN TOO DEEP An aqua fitness workout in the deep end of the pool. Build strength and stability using buoyancy belts and resistance equipment. B, I / 1, 2, 3

MIND • BODY: YOGA & PILATES

SKILL LEVELS: (B)-Beginning: new to yoga/practiced less than six months; (I)-Intermediate: has practiced yoga at least six months; (A)-Advanced: has practiced yoga regularly for at least one year

INTENSITY: (low) 1, 2, 3, 4 (high)

Intensity describes the strenuousness of the workout.

FITNESS YOGA Increase strength, flexibility and muscle tone by combining traditional yoga and modern fitness. B, I / 1, 2, 3

HATHA YOGA Experience a physical style of yoga through postures and breath control. B, I / 1, 2, 3

PILATES MAT Empower your core with this unique strengthening class designed to improve muscle strength, flexibility, and body awareness. B, I / 1, 2

PiYo™ PiYo™ is an intense combination of yoga and mat based pilates to enhance muscle length and muscular strength. See improvements in strength, flexibility and posture. B, I / 1, 2

POWER VINYASA YOGA A vigorous fitness-based approach to vinyasa-style yoga. Synchronizing both your movement and breath, you will flow smoothly from one asana (pose) to another. Create a balance of the mind and body connection, personal emotional awareness, and physical challenge. B, I / 1, 2, 3

SPINNERGY Cycling and yoga fusion. After your cardiovascular workout, take it to the mat to increase flexibility and restore fatigued muscles. B, I / 1, 2, 3, 4

VINYASA YOGA Expand your yoga practice utilizing stretching, hand mudras, pranayama and asanas (yoga poses). Synchronizing your breath and movements in a flowing sequence of poses. B, I / 1, 2

YOGA BASICS Welcome to yoga! This class is a hands-on introduction to basic yoga postures, breathing techniques, and the language used in many yoga disciplines. B / 1, 2

GROUP FITNESS PASSES (FitCard)

	\$ STU / \$ MEM / \$ GP
ANNUAL Fit Card (12 month)	\$99 / \$99 / NA SAVE \$12
FALL 09 FitCard	\$37 / \$37 / NA
1-MONTH FitCard	\$16 / \$16 / NA
1-WEEK FitCard	\$10 / \$10 / NA
1-CLASS FitCard	\$5 / \$5 / \$5*

MIND • BODY PASSES (YogaPass)

ANNUAL YogaPass (12 month)	\$168 / \$168 / NA SAVE \$30
FALL 09 YogaPass	\$66 / \$66 / NA
1-MONTH YogaPass	\$43 / \$43 / NA
1-WEEK YogaPass	\$17 / \$17 / NA
1-CLASS YogaPass	\$8 / \$8 / \$8*

COMBO FITNESS / MIND • BODY PASSES

ANNUAL FitCard + ANNUAL YogaPass (12 month)	\$213 / \$213 / NA SAVE \$96
FALL 09 FitCard + FALL 09 YogaPass	\$93 / \$93 / NA SAVE \$10

*General public guests must pay facility fee also (\$6.00)

VALID PASS DATES:

Annual Passes: August 24, 2009–August 13, 2010

Fall 09 Passes: August 24–December 18, 2009

1-Month Passes: Good for 30 days from purchase date

1-Week Passes: Good for 7 days from purchase date

ROOM LOCATION KEY

CREC FITNESS ROOM	
ECAB FITNESS ROOM	
CREC THE STUDIO	
CREC COMBATIVE ARTS ROOM	
MABL POOL	

PAGE KEY:

STU = UNL student MEM = Campus Rec member GP = General Public
CREC = Campus Rec Center ECAB = East Campus Activities Building
MABL = Mabel Lee Hall



GROUP FITNESS CLASSES

AEROBICS. WATER. CYCLING.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15A-7:00A	Power Pump	REV	Power Pump	REV	REV	NO SATURDAY CLASSES DURING FALL SEMESTER DUE TO HOME FOOTBALL GAME ACTIVITIES	
6:45A-7:30A		Blast		Turbo Kick™			
7:15A-8:00A	Turbo Kick™		Turbo Kick™				
12:10P-12:50P	REV	Definition	REV	Definition	REV		
	Power Pump		Power Pump		Zumba®		
12:10P-1:00P	Turbo Kick™	Definition	Cardio Fusion	Definition	Kickboxing		
1:00P-1:15P	<small>FREE</small> Quick Crunch		<small>FREE</small> Quick Crunch		<small>FREE</small> Quick Crunch		
3:00P-3:45P	Butts & Guts 'n More		Butts & Guts 'n More				
3:20P-3:50P		Metabolic Training		Metabolic Training			
3:30P-4:30P					Turbo Kick™		
4:00P-5:00P	Power Step	Turbo Kick™	Blast	Turbo Kick™			Step 101
4:30P-5:00P					Butts & Guts		
4:30P-5:15P		Cadence		Cadence			
5:05P-5:30P		Hard Core		Hard Core			Butts & Guts
5:15P-6:00P	Aqua Fusion	In Too Deep	Aqua Fusion	In Too Deep	Aqua Fusion		
	REV		REV				
5:40P-6:25P		Power Pump		Power Pump			
6:45P-7:45P	BOSU® Burn	Zumba®	Hip Hop Hustle™	Zumba®			Zumba®
6:45P-8:00P		Spinergy		Spinergy			
8:15P-8:45P	REV-30		REV-30				
9:00P-9:55P	Turbo Kick™	Blast	Turbo Kick™	Butts & Guts 'n More			
10:00P-10:40P	Ballet Tone	Step 101	Ballet Tone				
10:45P-11:15P	Butts & Guts	Hard Core	Butts & Guts				

YOGA & PILATES. MIND • BODY CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45A-7:30A	Fitness Yoga		Fitness Yoga			NO SATURDAY CLASSES DURING FALL SEMESTER DUE TO HOME FOOTBALL GAME ACTIVITIES	
7:15A-8:00A		PiYo™		Power Vinyasa Yoga			
11:00A-12:00P		Fitness Yoga		Fitness Yoga			
12:00P-1:00P	Fitness Yoga	Pilates Mat	Fitness Yoga	Pilates Mat	Power Vinyasa Yoga		
1:30P-2:30P	Pilates Mat		Pilates Mat				
5:35P-6:35P	Vinyasa Yoga	Pilates Mat	Vinyasa Yoga	Yoga Basics	Vinyasa Yoga		Hatha Yoga
6:45P-8:00P		Spinergy		Spinergy			
7:50P-8:50P	PiYo™	Hatha Yoga	Yoga Basics	Fitness Yoga			

NO CLASS DATES: October 18; November 26-29
 ADJUSTED SCHEDULE DATES: September 6-7;
 October 16, 19-20, 30; November 24-25; December 6-18

Any class averaging less than six (6) people may be dropped from the schedule.
 All class instructors, formats, times, and days are subject to changes without prior notification.
 Download the most current schedules with updates, additions, and deletions at <http://crec.unl.edu>