

Summer Group Exercise Schedule: Tuesday, May 26, 2009– Friday, August 28, 2009

Morning Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin & Abs 6:30am-7:30am Chris	Body Pump Studio 409 7:15am-8:15am Nina	Spinning 6:30am-7:15am Leah	Body Pump Express Studio 409 8:00am-8:45am Angela S.	Spin & Abs 6:30am-7:30am Chris	

Midday Classes

Power Hour Spinning 12:00pm-1:00pm Jacqui	Body Combat Express Studio 409 11:30am-12:00pm Angela T.	Power Hour Spinning 12:00pm-1:00pm Jacqui	Body Pump Studio 409 12:00pm-1:00pm Angela T.	Spinning 12:00pm-12:45pm Nina	Spinning 12:00pm-12:45pm Nina
	Body Pump Express Studio 409 12:15pm-1:00pm Angela T.	Body Combat Express Studio 409 Katie 12:15pm- 1:00pm	Spinning 12:30pm-1:15pm Juliet		

Afternoon/ Evening Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Spinning 4:30pm-5:15pm Gina	20-20-20 Studio 409 4:00pm-5:00pm Carolyn	Spinning 3:00pm-3:45pm Megan	Boot Camp Studio 409 4:00pm-4:45pm Mike	Spinning 4:30pm-5:15pm Juliet	Body Pump Studio 409 4:00pm-5:00pm Carla
Body Pump Studio 409 5:15pm-6:15pm Portia	Spinning 5:15pm- 6:00pm Chris	Body Blitz Studio 409 4:30pm-5:20pm June	Spinning 5:15pm-6:00pm Lisa	Body Pump Studio 409 5:15pm-6:15pm Carla	
Spinning 5:30pm-6:15pm Lisa	Body Combat Studio 409 5:15pm-6:15pm Angela S.	Body Combat Express Studio 409 5:30pm-6:20pm Jacqui	TBC Studio 409 5:30pm-6:20pm Deb		
Spinning 6:30pm-7:15pm Deb	Spinning 6:15pm-7:00pm Monica	Spinning 5:30pm-6:15pm June	Body Combat Studio 409 6:30pm-7:30pm Katie		
Body Blitz Studio 409 6:30pm-7:20pm June	Body Pump Studio 409 6:30pm-7:30pm Katie	Body Pump Studio 409 6:30pm-7:30pm Portia	Spinning 6:15pm-7:15pm Monica		
		Power Hour Spinning 6:30pm-7:15pm Nina			



ALL INCLUSIVE PASS

\$150

This pass allows you to enter any Group Exercise class and have unlimited use of the climbing wall during the year (September 1, 2008 - August 31, 2009). This pass must be accompanied by a valid Penn or Recreation ID at all times.

UNLIMITED PASS

\$75

This pass allows you to enter any Group Exercise or Spinning ® class during the Summer Session (May 26, 2009– August 28, 2009). This pass must be accompanied by a valid Penn or Recreation ID at all times.

SINGLE CLASS PASS

\$10

This pass allows you to enter any Group Exercise or Spinning ® class one time. Passes MUST be purchased at least 10 minutes prior to the class. This pass must be accompanied by a valid Penn or Recreation ID at all times. The Department of Recreation accepts exact change only.

* ALL Spinning ® Classes are held in Studio 306*

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CLASS DESCRIPTIONS

20-20-20 (60 MINUTE CLASS): [All Fitness Levels] This class combines three workouts in one to give you a total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.

BODY BLITZ (50 MINUTE CLASS): [All Fitness Levels] A total fitness workout incorporating cardiovascular, strength, and flexibility training. Using the philosophy of athletic training, Body Blitz is taught in an interval format with high and low intensity levels.

BODY PUMP (60 or 45 MINUTE CLASS): [All Fitness Levels] A toning and conditioning class with weights that is for everybody! It's perfect for both males and females who want to add strength training into their aerobic workout. You won't know if you don't go. So meet the challenge and reap the rewards. Short on time?? Try the *Express* class for the same great workout in 45 minutes!

BODY COMBAT (30, 45, or 60 MINUTE CLASS): [Intermediate, & Advanced Fitness Levels, Beginners– Try the shortened format first] This fiercely energetic cardiovascular workout program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Tone and shape muscles while burning major calories! Class can be either 30, 45, or 60 minutes in length.

BOOT CAMP (45 MINUTE CLASS): [Intermediate & Advanced Fitness levels] Basic calisthenics combined with body supported exercises such as push-ups and crunches. The class will consist of various segments including jumping rope and muscle conditioning.

SPINNING ® (45 MINUTE CLASS): [All Fitness Levels] Peddle your way to a fantastic cardiovascular workout indoors! With the use of stationary cycles, each class is led on a “virtual” outdoor road, complete with a variety of exercises.

SPINNING ® POWER HOUR (60 MINUTE CLASS): [Intermediate & Advanced Fitness levels] Take your training to the next level. This class will increase your strength and cardiovascular fitness with steeper climbs, longer sprints, and higher intensity intervals. A great class for those who like variation.

SPIN ® & ABS (60 MINUTE CLASS): [All Fitness Levels] A 45 minute interval indoor cycling class in Studio 306 followed by a quick but intense abdominal workout in Studio 305.

TBC– Total Body Conditioning (50 MINUTE CLASS): [All Fitness Levels] This class focuses on functional training and overall fitness. Experience a combination of a low impact cardiovascular workout with a total-body strength workout using hand weights or resistance tubing, body bars, stability balls, BOSU™ balls, and body weight movements.



****If you are new to any of the above group exercise classes, please feel free to speak to the instructor before or after class to clarify any questions you may have****

For any questions regarding this schedule please contact Katie Huber (Assistant Director, Group Exercise & Instructional Programs) khuber@pobox.upenn.edu.

www.upenn.edu/recreation