

EMORY®

RECREATION & WELLNESS

Fall 2019 Group Fitness Schedule

Pricing
Single Visit: \$5
Student: \$20/Semester
WPEC or SAAC Member:
 \$25 / Semester
Dual Member: \$45 / Semester

Hours
WPEC Member Services Office:
 Mon-Thurs: 11am-7pm
 Fri: 11am-5:30pm
 Sat: 11am-3pm
SAAC:
 Mon-Fri: 7am-12am
 Sat/Sun: 8am-12am

Main Campus

August 28th - December 8th 2019
 No Classes 9/2, 10/14, 10/15, 11/28, 11/29, 11/30

Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 11:30AM 50min Emelie ICS	Sunrise Yoga 7:15AM 60min Ron 4 th floor	Cycle 11:30AM 50min Emelie ICS	Sunrise Yoga 7:15AM 60min Ron 4 th floor	Yoga 4:00PM 50min Stacy 2 nd floor
Dance X Cycle 5:30PM 50min Livia ICS	Cycle 11:30AM 45min Amy ICS	Dance X Cycle 5:30PM 50min Livia ICS	Cycle (not 5:30PM) 6:00PM 50min Amy ICS	Saturday
Yoga 5:30PM 50min Maggie 2 nd floor	Cycle 5:30PM 50min Alexa ICS	Yoga 5:30PM 50min Maggie 2 nd floor	Hatha Flow Yoga 5:30PM 50min Gracie 2 nd floor	Cycle 11:30AM 50min Alexa ICS
Kickboxing 5:30PM 50min Robert 4 th floor	Hatha Flow Yoga 5:30PM 50min Gracie 2 nd floor	Kickboxing 5:30PM 50min Amy 4 th floor	XFIT 5:30PM 50min Maria 4 th floor	Strong by Zumba 1:00 PM 60min Lupe 2 nd floor
WERQ 6:30PM 50min Christy 2 nd floor	XFIT 5:30PM 50min Maria 4 th floor	WERQ 6:30PM 50min Christy 2 nd floor	Pound 6:30PM 50min Yael 2 nd floor	Location Key Main Campus 4 th floor aerobics studio 2 nd floor multipurpose studio ICS: 2 nd floor Indoor cycling studio
Hatha Flow 6:30PM 50min Martine 4 th floor	Pound 6:30PM 50min Yael 2 nd floor	Vinyasa & Meditation 6:30PM 50min Martine 4 th floor	Yoga 6:30PM 50min Nadia 4 th floor	Clairmont Campus SAAC Group Exercise Studio
Taekwondo 7:30PM 50min John 2 nd floor	Yoga 6:30PM 50min Nadia 4 th floor	Taekwondo 7:30PM 50min John 2 nd floor	Cardio Hip Hop 7:30PM 50min Lauren 2 nd floor	
Core 2 Floor 7:30PM 50min Elisa 4 th floor	Cardio Hip Hop 7:30PM 50min Lauren 2 nd floor	Core 2 Floor 7:30PM 50min Elisa 4 th floor		

Clairmont Campus

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Core 5:30PM 50min Melissa	Total Body Tone 5:30PM 50min Elisa	Stress Release Yoga 5:30PM 50min Melissa	Total Body Tone 5:30PM 50min Elisa	Flow/Meditation 4:30PM 50min Maggie	Vinyasa Yoga 11:45AM 50min Melissa
Tabata 6:30PM 50min Maria	Zumba 6:30PM 50min Lupe	HITT 6:30PM 50min Emily			

CLASS NAME	DESCRIPTION
CARDIO HIP HOP	This fun aerobics class includes the hottest dance steps, choreographed to the most trendy and in demand music. Funk aerobics is a great cardio workout suitable for all fitness levels.
Core 2 Floor	A strength base class for toning and defining abs, glutes and thighs. All fitness levels welcome.
CYCLE	These classes offer participants a low-impact yet high intensity energizing and straightforward workout.
DANCE X CYCLE	Cycle to the music that will hype you up for a high intensity and energetic workout.
FLOW & MEDITATION	No previous yoga experience needed. This gentle and flow meditation class combines yoga flow with a guided meditation and a deep, relaxing shavasna suitable for all. For more support during the shavasna, bring a larger towel.
HATHA FLOW YOGA	Hatha is most often used to describe a gentle basic yoga class with not flow between poses.
HIIT	(High Intensity Interval Training) HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.
KICKBOXING	Build power, strength, speed and endurance with this fast paced cardio interval training, fundamental to kickboxing.
POUND	Pound is an upbeat, energetic full body workout allowing you to lose yourself in the music. It combines drumming, cardio, strength training and conditioning into a 45 min fat burning and toning class.
STRESS RELEASE YOGA	Flow through a feel good yoga sequence that will help you let go of stress and walk away with the feeling of being lighter, calmer and more open to the present.
STRONG BY ZUMBA	STRONG by Zumba is a one-hour interval training class. Inspired by the beats and sound of the music, this total-body workout will push you beyond your limits!
SUNRISE YOGA	Get your day started off right with this all-levels, hour long class that promotes the body-mind connection while promoting muscular strength, endurance, & flexibility.
TABATA	Full body strength and cardio workout that follows 20 seconds on and 10 seconds rest.
TAE KWON DO	A well-rounded martial art that originated in Korea, combines combat and self-defense techniques with sport and exercise. Training in Taekwondo is an excellent tool for physical fitness and character. Taekwondo training includes the teaching of blocks, kicks, punches and other strikes; self-defense; and mental discipline. Physically, taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence.
TOTALLY BODY TONE	Engage all major muscle groups to develop strength, stability and endurance as you push your body to its prime physical condition and improved health.
VINYASA & MEDITATION	Vinyasa & Meditation yoga class will provide you a practice that builds heat, endurance flexibility, strength and mental focus while incorporating a guided meditation.
VINYASA YOGA	Vinyasa yoga class challenges yogis while offering the freedom to explore, modify & intensify postures & sequences. Each Class includes a mix of postures structured around a yoga flow sequence that will strengthen & stretch your body & mind.
WERQ	A term borrowed from the dance world which means "own it". This fiercely fun dance fitness cardio workout is based on hip hop and pop music, involving an attitude of confidence and empowerment. A class for everybody and anybody!
XFIT	Want an advanced challenge that will have you soaking in sweat in less than 10 minutes? Check out this high intensity, functional workout. All fitness levels welcome!
YOGA CORE	Yoga Core incorporates a sequence of postures, breath, and awareness to bring students into more core- generates alignment. Not only does it improve safety and stability, but also strengthens and transforms both body and mind.
ZUMBA	Shake your hips and dance to the Latin world while getting your steps in! An average of 5,000 steps in 50 minutes! Let the energy of the room, rhythm of the music and choreography take the "work" out of workout in this dance fitness class.