

Group Exercise Schedule  
Spring 2009 – Classes begin Feb. 2, 2009 – May 8, 2009

| Monday                                   | Tuesday                                     | Wednesday                                | Thursday                             | Friday   |
|--|---|--|--------------------------------------|--|
|  |   |  |                                      | 1:00-2:00<br>Fitness Friday<br>(Katie/Felicia) |
|  | 2:30-2:50<br>Ab Attack<br>(Lauren)          |  | 2:30-3:20<br>TigerSpin*<br>(Heather) | 2:00-2:50<br>Ab/Booty Mix<br>(Katie/Felicia)   |
| 4:00-4:50<br>Kickboxing<br>(Marisa)      | 3:00-3:50<br>Kickboxing Circuit<br>(Lauren) |  | 3:30-4:20<br>Yoga<br>(Lindsey)       | 3:00-3:50<br>Tigerlaties<br>(Lauren)           |
| 5:00-5:50<br>Yoga<br>(Erin)              | 4:00-4:50<br>Total Toning<br>(Lindsey)      | 4:00-4:50<br>Get on the Ball<br>(Marisa) | 4:30-5:20<br>Kickboxing<br>(Katie)   |  |
| 5:45-6:30<br>Aqua Aerobics**<br>(Pam)    | 5:00-5:50<br>TigerSpin*<br>(Laura)          | 5:00-5:50<br>Tigerlaties<br>(Erin)       | 5:30-5:50<br>Ab Attack<br>(Pam)      |  |
| 6:00-6:50<br>TigerSpin*<br>(Heather)     |   | 5:45-6:30<br>Aqua Aerobics**<br>(Pam)    |                                      |  |
| 7:00-7:20<br>Stretch it out<br>(Heather) | 6:00-6:50<br>Boot Camp<br>(Laura)           | 6:00-6:50<br>TigerSpin*<br>(Erin)        | 6:00-6:50<br>Total Toning<br>(Pam)   |  |
| 7:30-7:50<br>Ab Attack<br>(Katie)        | 7:00-7:50<br>Kickboxing<br>(Katie)          | 7:00-7:50<br>TigerJam<br>(Nellie)        |                                      |  |
| 8:00-8:50<br>Step it UP!<br>(Katie)      | 8:00-8:50<br>Total Toning<br>(Katie)        | 8:00-8:50<br>Total Toning<br>(Felicia)   |                                      |  |

## Burdick Hall, Gym 3

Classes are free. All you need is your TU OneCard!  
[www.towson.edu/campusrec](http://www.towson.edu/campusrec)

\*To reserve your space in TigerSpin, please see reservation policy listed in the class description.

\*\*Aqua Aerobics will meet in lanes 5-8, Burdick Pool.



# Class Descriptions

**TigerSpin:** Have you heard of 'Spinning'? This class compares. It's an extreme whole body workout that will get your blood pumping. It is great cardiovascular exercise on the bike, which works those core leg muscles and so much more. Space is limited so please call 410.704.5360 between 9am and 4pm on the day of the class to reserve your spot. There are only 12 bikes available. Please bring water and a towel with you.

**Step it Up!:** This class will use the basics of Step and slowly add in more advanced moves with a touch of flare and fun. We will explore many different ways to use the step, which include techniques such as kickboxing, dance, basic hi/lo cardio, intervals, toning, and much more!

**Total Toning:** Join us for a high-energy toning class using weights, body bars, bands, and steps to target each muscle group from head to toe.

**Ab Attack:** Now 20 minutes instead of 15 minutes. Get that 6-pack you've always wanted! A condensed "abs only" class to target just the middle.

**Get on the Ball:** Challenge your balance, stability, and static strength. This class will work all your muscles while training your core and balance skills.

**TigerJam:** Learn some new dance moves and rock your hips to some hip new music. Get a great full body cardio workout and have fun at the same time!

**Tigerlaties:** This class incorporates the mind-body principles of Joseph Pilates. You will strengthen and stretch your muscles allowing your body to increase flexibility, agility, and core strength.

**Boot Camp:** Let us whip you into shape boot camp style! This interval class will get your heart PUMPING and your feet moving. No coordination necessary!

**Kickboxing/Kickboxing Circuit:** This kick-butt cardio class combines muscle conditioning with kickboxing combinations that will have you punching, kicking, and doing combos in no time.

**Aqua Aerobics:** Aqua aerobics offers a unique blend of cardiovascular and strength training. Because of the water's resistance, aqua aerobics also can improve your strength and flexibility, leading to better muscular endurance and balance. Class will meet in lanes 5-8 in Burdick pool. Due to space and safety limitations, the class limit will be 15 participants.

**Fitness Friday:** A combination class, which may include kickboxing, kickboxing circuit, step, total toning, and booty blaster. Happy Friday☺

**Yoga:** Yoga integrates the mind, body, and spirit through postures which focus on strength, flexibility, breathing, and quieting the mind.

**NEW\*\* Ab /Booty Mix:** Come blast your abs for intense 25 minute workout mixed with 25 minutes of tush tightening exercises!

**NEW\*\* Stretch it out:** After a long day at work or even a long workout, come enjoy Stretch it Out to stretch, relax and unwind.