



## Summer Session I Group Fitness Schedule

### W&M Student Recreation Center

Tuesday, May 30-Friday, June 30, 2017

(The first week is FREE for W&M students, Faculty/Staff members and privilege card holders)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12-12:50pm	<b>BodyPump™</b> Beth & Indi (GFS)	<b>Yoga</b> Noel (GFS)	<b>BodyPump™</b> Beth & Indi (GFS)	<b>Yoga</b> Jenny (GFS)	<b>BodyPump™</b> Beth & Megan (GFS)
5:30-6:30pm	<b>Fac/Staff Yoga</b> Cindy Sadler Center/ Sunken Gardens	<b>BodyPump™</b> Doug & Terry (GFS)	<b>Yoga</b> Anna (GFS)	<b>BodyCombat™</b> Jesse & Justine (GFS)	
	<b>Step</b> Kim (GFS)	<b>Spinning®</b> Elizabeth & Sam (MPS)			
6:45-7:45pm	<b>BodyPump™</b> Andy & Elizabeth (GFS)	<b>Barre</b> Lindsay (GFS)	<b>Zumba®</b> Courtney & Andy (GFS)	<b>BodyPump™</b> Sam & Michaela (GFS)	

(GFS) = Group Fitness Studio (upstairs in the Student Recreation Center)

(MPS) = Multipurpose Studio (downstairs in the Student Recreation Center)

## Group Fitness Class Descriptions

**Barre:** Come try out the fun and effective workout that celebrities are raving about! The Barre workout combines fitness technique from Yoga, Pilates, and Dance and stresses core and total body conditioning. Strengthen and lengthen your muscles while working to the beat of the music. If you are looking to build body awareness, self-confidence, and strength while having fun, then this class is for you!

**BODYCOMBAT™:** The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay-thai.

**BODYPUMP™:** This is the original barbell class that strengthens your entire body. This strength training workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

**Fac/Staff Yoga:** This class will be held for Faculty/Staff members in the Sadler Center, Tidewater B. If the weather is nice, the class will be held in the Sunken Gardens, Wren Side. Email Andy Allen, arallen@email.wm.edu, to get on a listserv for weekly updates on location or follow William & Mary Campus Recreation on Facebook to keep up to date! (Last week of class is in Chesapeake C).

**Spinning®:** An aerobic exercise performed on a stationary bike. Spinning® is the global leader in indoor cycling and the W&M Rec Center is an official Spinning® Facility. Come experience this adrenaline pumping workout!

**Step:** Otherwise known as “Freestyle Step”, this is a high-intensity workout using an adjustable platform with simple basic footwork. A fun and effective workout for all fitness levels!

**Yoga:** An intermediate yoga class with a vinyasa flow, focusing on linking traditional postures to the breath to build internal heat. This flowing style of yoga promotes flexibility, muscular strength, and muscular endurance. Challenges such as arm balances will be offered as options occasionally, for those interested in trying new things!

**Zumba®:** We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

## Fitwell Pass Prices

Passes go on sale at the Rec Center Front Desk on Tuesday, May 30th

Please register online before you purchase your pass at the front desk: [www.wm.edu/rec/groupfitness](http://www.wm.edu/rec/groupfitness).

Pass	Students	Faculty/Staff & Privilege Card Holders
<b>3-Season Pass</b> (Summer & Fall 2017, Spring 2018)	\$90.00	\$95.00
<b>Whole Summer Pass</b> (May 30– Aug. 4, 2017)	\$30.00	\$30.00
<b>Summer Session I Pass</b> (May 30-June 30, 2017)	\$20.00	\$20.00
<b>Summer Session II Pass</b> (July 3– Aug. 4, 2017)	\$20.00	\$20.00
<b>Daily Drop-In</b> (one-time use) only	\$5.00	\$5.00