

# University Club of Grand Rapids

## Group Fitness Class Schedule

TIME	6:30 AM	7:00 AM	11:30 AM	12:05 PM	12:30 PM	5:30 PM
MONDAY				<b>HIIT</b> Legs, Core, & Cardio 30 min	<b>Group Strength Training</b> 60 min	<b>(5:05) Modern Calisthenics</b> 30—40 min
TUESDAY	<b>Aquatics</b> 55 min	<b>Yoga</b> 45 min	<b>Power Spin</b> 25-30 min	<b>HIIT</b> Chest & Triceps 30 min		
WEDNESDAY				<b>HIIT</b> Leg Strength 30 min	<b>Group Strength Training</b> 60 min	<b>Spinning</b> 45 min
THURSDAY		<b>Yoga</b> 45 min	<b>Power Spin</b> 25-30 min	<b>HIIT</b> Back, Biceps, & Shoulders 30 min		<b>Yoga</b> 50 min
FRIDAY		<b>Yoga</b> 45 min	<b>Video Spin</b> 45 min	<b>Modern Calisthenics</b> 30—40 min	<b>Group Strength Training</b> 60 min	

**Spinning**—Whether you are a beginner or a seasoned athlete, this stationary cycling class can accommodate you. You will be guided by a “coach” who will provide a training profile, music, & motivation.

**Group Strength Training**—Group strength training and personal attention with a personal trainer. You will work with free weights, machines, RX suspension trainer, and other various equipment. You will also work on flexibility and stretching.

**Yoga**—This class will provide a general introduction to the practice of yoga. Participants will earn a wide variety of yoga postures that increase flexibility, strength, and balance. The focus will be on alignment and body awareness. In addition, students will learn yogic breathing. The linking of breath movement will offer stress relief and overall well-being. This class is for everyone!

**Power Spin**— This is a fast paced ride on the spin bike! This is not spinning in the traditional form - this is short, intense intervals and race day speed consolidated into 25 minutes of power cycling.

**High Intensity Interval Training**—HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. A great class for a quick effective workout that will challenge you!

**Modern Calisthenics**— This is a mix of older more traditional exercises with a modern twist to physical fitness training. This can include running, jumping, grasping, pushing, and pulling exercises. It blends body weight with weight bearing exercises with stretching and even flexibility to combine the ultimate free form workout. This class can be customized from beginner to advanced fitness levels.

**Aquatics**— This class is designed to give EVERYONE a chance to get fit with the lowest impact. It's for those who may have compromised back, hip, knee, & ankle joints. The water offers resistance and helps rebuild muscle through low impact movement. No swimming experience necessary.