



SUMMER SESSION I 2008 FITNESS CLASS SCHEDULE

May 27th – June 20th

There are no fitness classes scheduled June 23rd - July 6th

Summer Session II: July 7th - August 13th

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-11:00am Room 6 White		Full Body Workout		Full Body Workout	
12:10-12:50pm Multi-Purpose Room at REC HALL	Circuit Training	Circuit Cycling Challenge	Circuit Training	Circuit Cycling Challenge	<div style="border: 1px dashed black; padding: 5px;"> ← All Circuit Training & Circuit Cycling classes are held in Room 146 Rec Hall </div>
12:10-12:50pm Room 45 White	Indoor Cycling		Indoor Cycling		
12:10-12:50pm Room 6 White	Full Body Workout	STEP		Beach Body Shape Up	Full Body Workout
12:10-12:50pm Room 117 White				20/20 Fitness	
4:10-4:30pm Room 6 White	WASHBOARD ABS		WASHBOARD ABS		
4:45-5:45pm Room 6 White	Calorie Killer	Full Body Workout	Calorie Killer	Kickboxing Aerobics PLUS!	
5:15-6:15pm Room 45 White		CYCLING PLUS!		CYCLING PLUS!	
6:00 -6:50pm Room 6 White	FITNESS YOGA	Beach Body Shape Up	YOGA with DOUG		
7:00-7:45pm Room 117 White	Full Body Workout				

PURCHASE A FITNESS MEMBERSHIP ONLINE: <https://fitnessmembership.psu.edu>

Current PSU ID+ card with valid fitness membership is required for entrance to all fitness classes

CLASS DESCRIPTIONS

Circuit Cycling Challenge: A mix of circuit training and cycling that allows you to sculpt and tone your body as well as pedal away some serious calories on your cycle. Complete an excellent workout of cardio and strength training with this class! This class is only offered at Rec Hall.

Circuit Training: Highly efficient workout utilizing weights, body bars, gliding disks, BOSU, and more to elevate the heart rate and burn maximum calories in minimum time. This class is held only at Rec Hall.

Fitness Yoga: A non-purist yoga class designed for the mainstream fitness participant. This class integrates both body and mind through yoga poses with a focus on strength, conditioning and flexibility.

Beach Body Shape Up: Participants use weights, body bars, stability balls, and more to target all the major muscle groups in just one hour or less.

Indoor Cycling: This class is suitable for beginners yet challenging enough for even the most elite athlete. The class is held on stationary bicycles and set to music in an uplifting, energizing environment.

Cycling PLUS! An Indoor cycling class followed up with ten minutes of intense abdominal and low-back exercises.

Kickboxing Aerobics PLUS! Integrates kicks, punches, and drills into a high-intensity cardiovascular workout. This class ends with a 5-10 minute segment of abdominal conditioning.

Calorie Killer: High intensity workout utilizing the interval training method by alternating segments of muscle conditioning with challenging bursts of cardio.

Washboard Abs: Strengthen the muscles in your mid-section and low-back in this targeted workout.

Full Body Workout: A mixture of any PSU Fitness class offerings that includes both cardio and muscle conditioning segments. This class can be different everyday!

STEP: Uses adjustable step platforms to accommodate all fitness levels for a great cardiovascular workout.

20/20 Fitness: Get the best of both worlds with 20 minutes of intense cardio, followed by 20 minutes of Pilates work to strengthen the core and elongate the body.

All equipment and props are provided. Towels are highly recommended for all classes.

Classes must have a minimum attendance to continue through the semester. Poorly attended classes will be canceled.

Facility hours and fitness classes are subject to change.

Personal belongings are not permitted on the floors in Room 6, Room 117, Cycling Studio, or Circuit Studio.

There is limited space in the fitness classes. Admission is not guaranteed. Saving a place in line for a friend is NOT acceptable.

Class start and end times do not always reflect the total exercise time. Classes may not begin exercising at exactly the stated time.

More information is available at our website: www.psu.edu/dept/fitness

For updated schedules, cancellations, and important information, join the fitness list-serve!

Send a blank e-mail to: L-fitness-subscribe-request@lists.psu.edu