# PSU FitWell – Group Exercise Schedule

Summer Session 1 Schedule runs from Tuesday, May 29 – Tuesday, July 3, 2018.

Current Campus Rec membership or guest pass required to attend class.

## WHITE BUILDING

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:10-12:50pm</td>
<td>H.I.I.T - High Intensity Interval Training</td>
<td>Indoor Cycling Rm. 48</td>
<td>Total Muscle Challenge- TMC Rm. 117</td>
<td>Indoor Cycling Rm. 48</td>
<td>H.I.I.T - High Intensity Interval Training Rm. 117</td>
</tr>
</tbody>
</table>

## IM BUILDING

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am-7:15am</td>
<td>Indoor Cycling Rm. 9</td>
<td></td>
<td></td>
<td>H.I.I.T - High Intensity Interval Training Rm. 125</td>
<td></td>
</tr>
<tr>
<td>12:10-12:50pm</td>
<td>H.I.I.T</td>
<td>Pilates Rm. 16</td>
<td>H.I.I.T - High Intensity Interval Training Rm. 125</td>
<td>Yoga Rm. 16</td>
<td>Indoor Cycling Rm. 9</td>
</tr>
<tr>
<td>4:30-5:15pm</td>
<td>Zumba®/PowerRemix! Rm. 124</td>
<td></td>
<td></td>
<td>Full Body Workout Rm.124</td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>Calorie Killer Rm. 124</td>
<td>Gentle Hatha Yoga Rm. 16</td>
<td>Indoor Cycling Rm. 9</td>
<td>H.I.I.T - High Intensity Interval Training Rm. 125</td>
<td></td>
</tr>
<tr>
<td>6:30-7:15pm</td>
<td>H.I.I.T</td>
<td>Indoor Cycling Rm. 9</td>
<td>Yoga Rm. 16</td>
<td>Barre Rm. 16</td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>This class is taught at the outdoor natatorium so it is weather dependent. There are 10 spots in this class.</td>
<td>BOGA Outdoor Pool</td>
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</tbody>
</table>

- All classes are filled on a first come, first serve (drop-in) basis. Summer has no BOOK IT option.
- The Group Exercise schedule is subject to change based on room availability and attendance.

Maymester break is April 30- May 25. There are no regularly scheduled group exercise classes during this break. “Pop-Up” lunch classes may occur during this time. Stay tuned to social media and the list serv for Pop Up classes.

To sign up for the list serv send a blank email to L-fitness-subscribe@lists.psu.edu
**Boga**
Founded in principles and lifestyle of surfing, stand up paddle board racing & aquatic YOGA. Boga classes intend to create a more accessible method to experience the strength, balance, flexibility and coordination benefits of these sports. Learn how the water has even greater benefits than easing stress on joints and muscles. There is a known link between the benefits of water on both the mind and body. Come enjoy this exciting new program!

**Gentle Hatha Yoga**
This yoga practice is traditionally delivered through a slower, more meditative pace. This does not imply that the class is easier, rather offers a different approach to centering and focus.

**H.I.I.T.- High Intensity Interval Training**
HIIT, short for high intensity interval training, is a fitness class that combines bursts of high intensity work with short bouts of recovery. The class is a 30-45 minute workout designed to challenge participants using different body weight movements every week including lunges, squats, push-ups, and burpees. HIIT is a gym class, taken to the next level.

**Indoor Cycling**
No matter what the weather is like outside you can always come and ride with us. This class is perfect for all fitness levels a like and allows you to get the workout that you came to get. Cycle to music that will push you through the hard hills and motivate you to go just a little bit faster. **TOWEL POLICY:** Every patron must bring a towel with them to class in order to participate.

**Pilates**
So you want to be toned but not bulky? Give our Pilates Workout a try! This class combines principles & techniques of general fitness with the core-strengthening moves of Pilates for a great workout.

**Tai Chi**
Movements are continuous, flowing and based off the 24-moment soft form of Tai Chi. An excellent class to help handle stress while allowing your body to heal and develop.

**Total Muscle Challenge**
Be prepared to leave both sweaty and satisfied by the end of this muscle conditioning class. Utilize both body weight and added weight to work all your body’s major muscle groups through multiple repetitions and get your heart rate up by combining multiple exercises together.

**Yoga**
A mind/body focused class that can be practiced by any participant with an overall goal of improving upon ones fitness, flexibility, and focus in a relaxing manner. Various poses with progressions will work to improve both body alignment and kinesthetic awareness

**Zumba**
Zumba® is a Latin and international rhythm inspired dance-cardio class