### PSU FitWell – Group Exercise Schedule

Summer Session 2 Schedule runs from Monday, July 9 – Friday, August 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 Rm. 117</td>
<td>YOGA Rm. 117</td>
<td>Full Body Workout 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>Zumba*/PowerRemix! Rm. 124</td>
<td>Full Body Workout Rm.124</td>
<td></td>
</tr>
<tr>
<td>12:10-12:50pm</td>
<td>H.I.I.T High Intensity Interval Training Rm. 125</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>Indoor Cycling Rm. 9</td>
<td></td>
<td>Gentle Hatha Yoga Rm. 16 (ends at 6:30)</td>
<td>Indoor Cycling Rm. 9</td>
<td>H.I.I.T - High Intensity Interval Training Rm. 125</td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td>Yoga Rm. 16</td>
<td></td>
<td>H.I.I.T High Intensity Interval Training Rm. 125</td>
<td>Yoga Rm. 16</td>
<td>Barre Rm. 16</td>
</tr>
<tr>
<td>6:30-7:15pm</td>
<td>H.I.I.T High Intensity Interval Training Rm. 125</td>
<td>Yoga Rm. 16</td>
<td>Yoga Rm. 16</td>
<td>Barre Rm. 16</td>
<td></td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>Natatorium This class is taught at the outdoor natatorium so it is weather dependent. There are 10 spots in this class.</td>
<td></td>
<td>Full Body Workout Rm.124</td>
<td>BOGAFit Outdoor Pool <em>BOOK IT</em></td>
<td></td>
</tr>
</tbody>
</table>

- All classes, with the exception of the evening BOGA classes, are filled on a first come, first serve (drop-in) basis, unless otherwise specified “BOOK IT.” To BOOK a BOGA class go to your Campus Recreation membership account, Premium Fitness, BOGA.
- The Group Exercise schedule is subject to change based on room availability and attendance.

To sign up for the list serv send a blank email to L-fitness-subscribe@lists.psu.edu

Keep a lookout for our “Pop Up” classes from Aug 6th-20th.
BOGAFit – BOOK IT
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! **We recommend you BOOK a space in this class in advance on your Campus Recreation membership account; Premium Fitness, BOGA. There is no charge however this will ensure you have a reserved board for class.**

Barre Fitness
Barre Fitness incorporates toning and resistance exercises while utilizing barres, balls and light weights for an effective, non-impact workout. Barre employs the interval overload method to continuously increase your heart rate by targeting specific muscle groups. After fatiguing your targeted muscle group, stretching immediately follows.

Full Body Workout
This class changes on a daily basis consisting of half cardio and half muscle segments. The cardio can be any of the cardio classes that we offer and the added muscle will allow you to leave at the end of class both sweaty and satisfied.

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.

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 /Power Remix
The class is a combination of Zumba® and Power Remix. Zumba® is a Latin and international rhythm inspired dance-cardio class. Power remix consist of you dancing to all of your favorite songs. If you enjoy Zumba then you will definitely love this class. Get ready to sweat but have a ton of fun doing it.