



ATHLETICS AND RECREATION

# Fall Group Fitness Regular Schedule

As of 10/5/09

Time	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
7:00 a.m.	Indoor Cycle (60 Min)		Indoor Cycle (60 Min)		
7:30 a.m.	Yoga ^ (60 min)	Yoga ^ (60 min)	Yoga ^ <b>FREE</b> (60 min)	Yoga ^ (60 min)	Yoga ^ (60 min)
8:00 a.m.	Abs Express (30 min)		Abs Express (30 min)		Core Conditioning <b>FREE</b> (30 min)
11:00 a.m.	Aqua Aerobics* (50 min)		Aqua Aerobics* (50 min)		Aqua Aerobics* (50 min)
12:00 p.m.	Dynamic Definition (50 min)	Yoga ^ (50 min)	Dynamic Definition (50 min)	Yoga ^ (50 min)	Nia - Barefoot Cardio ^ (50 Min) <hr/> Dynamic Definition (50 min)
		T.A.C. (50 min)		T.A.C. (50 min)	
4:30 p.m.	T.A.C. <b>FREE</b> (50 min)		T.A.C. (50 min)		
5:15 p.m.		Strength Express <b>FREE</b> (15 min)		Strength Express <b>FREE</b> (15 min)	
5:30 p.m.	Mat Pilates ^ (60 min)	Cardio Kickboxing (60 min)	Mat Pilates ^ (60 min)	Cardio Dance <b>FREE</b> (60 min)	Yoga ^ (60 min)
		Nia - Barefoot Cardio ^ (60 min)		Nia - Barefoot Cardio ^ <b>FREE</b> (60 min)	
6:30 p.m.	Yoga ^ (6:45 pm) (60 min)	Aqua Aerobics* <b>FREE</b> (50 min)		Aqua Aerobics* (50 min)	
7:00 p.m.		Zumba (60 min)			
8:00 p.m.	Cardio Kickboxing (60 min)	Yoga ^ (60 min)		Yoga ^ <b>FREE</b> (60 min)	

[www.rice.edu/fitness](http://www.rice.edu/fitness)

Classes in **black** are held in **Multi Purpose Room 1**.  
 Classes in **blue\*** are held in the **Old Pool**.  
 Classes in **purple^** are held in **Multi Purpose Room 3**.



# Group Fitness

## Fall 2009

### Rates & Descriptions

### Aerobic and Cardio

#### Aqua Aerobics

A complete low impact cardiovascular toning, flexibility, and strengthening, workout in both shallow and deep water using flotation belts and hand weights. A great way to get fit without pain to joints, knees, or back. No swimming skills necessary.

#### Cardio Dance

This cardio class is for the fitness enthusiast who loves variety. This class will feature different instructors and different formats – whether it be Latin, hip-hop, spiritual, or Bollywood this class is great for those who enjoy moving with the music.

#### Cardio Kickboxing

This is an intense aerobic class that utilizes the fundamentals of boxing and Muay-Thai kickboxing. Pumping music and simple choreography make you forget that you're working out. High- and low-impact as well as cardio/strength modifications will be provided, so Cardio Kickboxing suits any fitness level.

#### Indoor Cycle

This can be an intense, but low-impact aerobic class on a special indoor bike set to great music and guaranteed to burn calories.

#### T.A.C. (Total Athletic Conditioning)

You'll challenge your whole body with agility, speed, and power drills. We'll run. We'll do push-ups, dips, squat thrusts, and more. This workout will get your heart pumping, your muscles burning, and leave you begging for more.

### Sculpting and Toning

#### Abs Express/Core Conditioning

Want to firm up that midsection? Then get in here! These classes offer two options for your pace of exercise. Exercise for the abs and back is the primary focus. **Abs Express** is fast and furious, **Core Conditioning** is downtempo.

#### Dynamic Definition

Sculpt and define every muscle group with the use of resistance bands, body bars, glide disks, and dumb bells. This total body workout focuses on gradual resistance while conditioning one to two muscle groups at a time for maximum results. This workout is ideal for everyone since participants select their own resistance for each exercise.

#### Strength Express

Need to tone, but never can find the time? Sneak in 15-30 minutes in this class that will hit a variety of muscle groups with resistance exercises to a great beat.

### Mind and Body Inspired Classes

#### Mat Pilates

Condition the mind and body to strengthen the body's core unit. Series of mat work exercises will help to develop strength, flexibility and better body coordination while improving body alignment, and creating balance for more efficient movement. This class is sure to leave you feeling refreshed and relaxed.

#### Nia - Barefoot Cardio

[Nia](#) is an elegant fusion of yoga, Tai Chi, martial arts, core stabilization and dance. Begin with warm, open, flowing moves that melt away tension. Move on to power moves that strengthen and tone, and mix it up with multi-cultural joy of movement. End with a soothing blend of yoga, Tai Chi, and creative modern dance. When you finish you will feel cleansed, fit and refreshed with calm, yet vitalized energy.

#### Yoga

Designed to enhance physical, emotional and mental health, the class offers a welcome place for **all levels** to experience new flexibility, strength, and inner harmony. Each class may vary based on the participants and the instructor.

### Group Fitness Pass Fees

New this Fall:

Reduced rates and a single pass type!

**Valid August 17 – December 19, 2009**

Pass Type	Student	Faculty/Staff
Unlimited	\$60	\$80
20 Class	\$45	\$60
10 Class	\$25	\$35
1 Class	\$3	\$4

*Please note:* Graduate students, faculty and staff must purchase a membership to the Gibbs Recreation and Wellness Center in order to participate in group fitness. No refunds are given for unused classes. Classes with consistently low participation may be cancelled. Note: During University Recess, class schedules will change.