

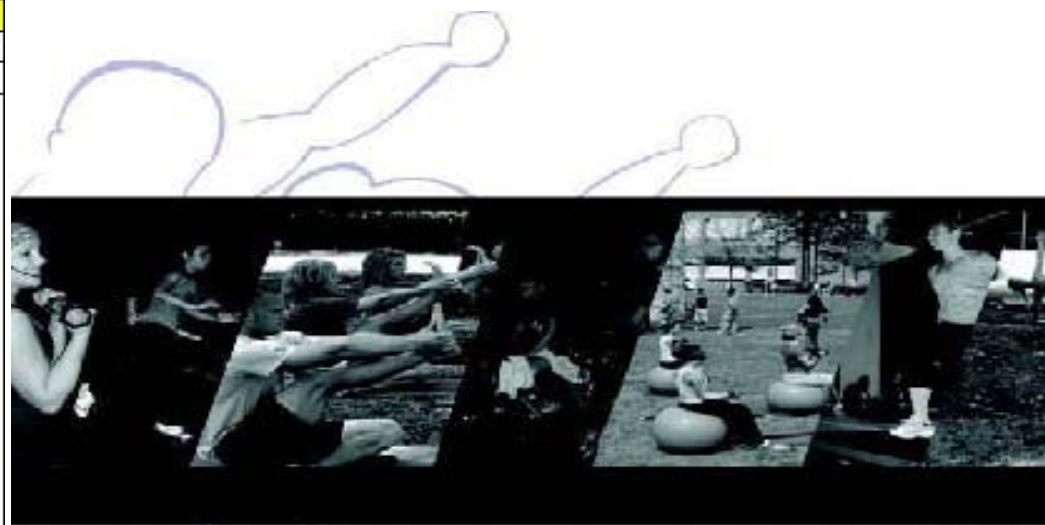
## Group Fitness FALL 2009

Monday	Tuesday	Wednesday	Thursday	Friday						
Yoga*	Yoga*	Yoga*	Yoga*	Yoga*						
10:30-11:30	11:00-12:15	10:30-11:30	12:30-1:45	11:00-12:00						
Nikki	Ashley G.	Nikki	Ashley G.	Ashley R.						
<table border="1"> <tr> <td>Kickboxing</td> <td>Total Toning</td> </tr> <tr> <td>12:00-1:00</td> <td>12:00-1:00</td> </tr> <tr> <td>Lauren</td> <td>Lauren</td> </tr> </table>		Kickboxing	Total Toning	12:00-1:00	12:00-1:00	Lauren	Lauren			
Kickboxing	Total Toning									
12:00-1:00	12:00-1:00									
Lauren	Lauren									
Washboard Abs	Fresh Air	Washboard Abs	Zumba							
6:00-6:30	5:30-6:30	6:00-6:30	4:00-5:00							
Carla	Carla	Carla	Theresa							
room 1062	meet outside arena	room 1062								
Step & Burn	Power Walking	Step & Burn	Power Walking							
6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30							
Carla	Susan	Carla	Susan							
room 1062	meet outside arena	room 1062	meet outside arena							
Hip Hop	Spinning	Spinning	Spinning							
7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30							
Alexis	Susan	Carla	Susan							
		Belly Dance	Yoga*							
		7:30-8:30	7:30-8:30							
		Jocilyn	Ashley R.							
		room 1062								

\*All Yoga classes will be held in the arena, room 1062.

\*\*All evening classes will be canceled on the following days:

9/29, 10/13, 10/20, 11/5, 11/18, 11/24



Check out the class descriptions inside!

Visit the website [www.unf.edu/recsports/fitness](http://www.unf.edu/recsports/fitness)

## UNF Group Fitness

### What are the benefits of Group Fitness classes?

Benefits include increased life expectancy, reduced risk of premature heart attack and stroke, lowered blood pressure, improved blood lipid profile, decreased body fat, modest improvement of bone density, and improved psychological and social well being.

### Who can participate in this great program?

The UNF Group Fitness program is free to UNF students, full-time faculty, and staff. Alumni packages and guest passes may be purchased at the Aquatic Center.

### Are the instructors trained?

The instructors go through a complete in-house training program that follows the guidelines set by the Aerobics and Fitness Association of America (AFAA). All instructors are certified by the American Red Cross in CPR and First Aid. Most are AFAA certified and some have specialty certifications.

### Where are the classes?

Group Fitness classes are located upstairs in the UNF Arena, in the east half court. Yoga classes are located downstairs in the UNF Arena, room 1062. (Mats will be provided.)

### What are the rules to follow?

Bring your UNF I.D. card      Wear gym shoes with adequate support.  
Scan I.D. before class starts.      Bring a towel.  
Drink plenty of water.

### Class admission procedures

In order to participate in a Group Fitness class, participants must go to the Arena front desk and scan their UNF I.D. card.

*Note: If you have a known medical problem, or if you are over the age of 35, it is recommended that you consult a physician before beginning an exercise program.*



*Individuals, who require reasonable accommodations in order to participate, must notify the recreation office at 620-2998 at least 5 days prior to the class.*

## Class Descriptions

**Belly Dance-** Who knew toning your abs, sides, and low back could be so much fun! This class is one hour full of hip shaking, belly moving excitement. All levels welcome, no experience needed.

**Hatha Yoga-** Muscles feeling tight? Are you feeling stressed? Hatha Yoga is a peaceful yoga class that incorporates breathing techniques to free your mind and center your body. Great for beginners! Mats will be provided (located down stairs in room 1062).

**Hip Hop-** Shake it up and let loose while dancing to your favorite hip hop music and learning the hottest choreography you've ever seen! Pump your heart and break a sweat while showing off your best moves.

**Kickboxing-** Get a kick out of life! Not only will you burn calories during this hour, you will also learn some great self-defense skills. Kick and punch your way to a better body now!

**Washboard Abs-** Come and feel the burn! This class will give you a complete abdominal and low back workout. Bring your six pack!

**Pilates-** Come and experience the hottest and most talked about fitness revolution. Pilates focuses on core strength, balance, and stability work to strengthen, lengthen, and tone all areas of the body.

**Spinning-** Come and experience the ride everyone is talking about! Take a ride on a stationary bike and go through road races, hill climbs, and sprints. Please bring lots of water and a towel. (Come 15 minutes prior to class to reserve a bike)

**Spin & Sculpt-** Spin for 30 minutes! For the next 30 minutes, choose to stay on your bike or join the instructor and sculpt your muscles using various forms of resistance. (A great introduction to spinning and total toning)

**Step & Burn -** Come step up your workout with cardio that will tone your lower body at the same time! The second half of the class will make sure we target those abs, arms, and everything else!

**Total Toning-** Improve your muscle strength with this class! In one hour you will tone every muscle in your body and various forms of resistance: dumbbells, body bar, resistance bands, and your own weight!

**Power Yoga-** This style of yoga is best known for lighting your inner fire. A fluid flow of power yoga poses will take your body to new tones, lengthened state, mind, present state of being, and carry your spirit on an incredible journey. Advanced Mats provided.

**Zumba-** A class full of Latin beats and Latin flavor. Come shake it and sweat to easy-to-follow rhythmic moves influenced by Latin dance. Have some fun and burn calories while you shake what "yo" mama gave "ya"! All levels welcome.

### Helpful Phone Numbers:

Fitness Center: 904-620-2853 or Arena Front Desk: 904-620-2999

Carla E-mail: [shac0010@unf.edu](mailto:shac0010@unf.edu)