




















FALL 2009

Group Exercise Schedule

Effective November 9th

Please Note: Schedule is Subject to Change Based on Participation

Class Descriptions Online: www.rec.nova.edu/fitness. Please Note: To Enter The RecPlex You Must Have Your NSU ID And A Workout Towel

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
6:15-7:15am		Adventure Boot CAMP! Melissa Studio 3 *6am-7am		SPINNING  Jill	Adventure Boot CAMP! Melissa Studio 3 *6am-7am	SPINNING  Lourdes *9:00-9:45am	
12:30-1:30pm	<i>Integrated</i> YOGA Beth Studio 1 Body Sculpt Barbie Studio 3	SPINNING  + 15 MIN Abs Nancy Pilates Laura Studio 3	<i>Hatha Vinyasa</i> YOGA Jeanne Studio 1 Body Sculpt Barbie Studio 3	SPINNING  + 15 MIN Abs Nancy <i>Hatha Vinyasa</i> YOGA Jeanne Studio 1	SPINNING  +45 MIN Sculpt Lourdes	Body Sculpt Lourdes *10:00am-11:00 Studio 2 AQUA FIT Andy *10:30-11:30AM	
4:15-5:15	SPINNING  Lisette Body Sculpt Lourdes Studio 3	SPINNING  Lourdes	Body Sculpt Jess M Studio 3	SPINNING  Lourdes Body Sculpt Lisette Studio 3	POWER Sculpt Maria Studio 3	<i>Hatha Vinyasa</i> YOGA Raechel *11:30-12:30PM Studio 3	
5:30-6:30	SPINNING  Lourdes <i>Hatha Vinyasa</i> YOGA Jeanne Studio 1 Cardio Step Maria Studio 3	Body Sculpt Lourdes Studio 3 <i>Hatha Vinyasa</i> YOGA Jeanne Studio 1 AQUA FIT Nancy Pool *5:15-6:15PM	SPINNING  Maria <i>Hatha Vinyasa</i> YOGA Jeanne Studio 1	SPINNING  Lisette Pilates Laura Studio 1 CIRCUIT BLAST! Lourdes + Jess M Studio 3 AQUA FIT Andy Pool *5:15-6:15PM	SPINNING  Maria POWER YOGA Andy Studio 1		Cardio Sculpt *5:00-6:00pm Studio 3 Killer Abs *6:05-6:30pm Studio 3 Nov 8: Lourdes Nov 15: Lisette Nov 22: Lourdes Nov 29: CX Dec 6: Lourdes Dec 13: Lisette
6:45-7:40	SPINNING  Nikki Hip Hop Maria Studio 3	SPINNING  Aracelly *New* KickBox BootCamp! Nikki Studio 3	*New* KickBox Bootcamp! Nikki Studio 2 POWER Sculpt Maria Studio 3	SPINNING  Aracelly 25 Min Killer Abs *6:30-7:00 Jess M Studio 3	 ZUMBA Greta Studio 3		
7:00-8:00		POWER YOGA Natalie Studio 1		POWER YOGA Andy Studio 1			
7:45-8:15	25 Min Killer Abs Maria Studio 3	25 Min Killer Abs Nikki Studio 2	25 Min Killer Abs Nikki Studio 2				
8:00-9:00		 ZUMBA Greta Studio 3	 ZUMBA Johanna Studio 3	 ZUMBA Jess M Studio 2			

PLEASE READ TO AVOID ANY CONFUSION: *Please be early or ON TIME to class in order to receive the appropriate warm-up, and avoid distractions*

Participation Policy: 3 participants are required to conduct a class. Schedule is subject to change based on participation.

SPINNING SIGN UP: To take a SPIN class, you must sign-up 30 minutes before the class starts at the Service Desk. NSU ID, towel and water are required to ride!! You must be on your bike within 5 minutes prior to class or your bike will be forfeited. No cell phones, iPods, or other devices allowed. *Please note: Spin classes are 45-50 min in length with 1 hour set for bike set-up, break-down, and clean-up. ALL SPIN CLASSES IN STUDIO 2, unless specified as other.

Dress Code/Devices: Workout attire must fully cover the mid-section. Proper athletic shoes required for all group exercises excluding mind body. No cell phones, iPods, or other devices allowed during class!!

University Holidays: All group exercise classes cancelled for University holidays

All group exercises classes are suitable for all fitness levels unless specified.