



All-Access Fitness Schedule

Fall 2009

Department of Recreational Sports, Division of Student Affairs

	Monday	Tuesday	Wednesday	Thursday	Friday
6:10-7:10 am	Yoga-Charlotte (A)	BODYPUMP™ Katie C (B) Cycle-Erin (E)	Cycle-Cheryl (E)	BODYPUMP™ Carlen (B) Cycle-Erin (E)	
7:00-8:00am			Morning Kickstart Katie M (B) 7:50		
8:00-9:00 am	BODYPUMP™ Angela (B)		BODYPUMP™ Angela (B)		
8:15-9:00 am		Fab Abs-Kiara (MA)			
9:15-10:00 am			Cycle-Heather (E)		
12:10-1:00 pm	BODYPUMP™ Carlen (B) 1:10	Zumba®-Allison (D)	BODYPUMP™ Rebecca H (B) 1:10	Cardio Blast-Amanda (B)	Step & Box Angela (B)
12:15-1:15 pm	Lunchtime Yoga Ruth (A)	Cycle Cynthia (E)	Lunchtime Yoga Myrna (A)	Cycle Cynthia (E)	Lunchtime Yoga Myrna (A)
1:30-2:45 pm		Pilates Yoga Fusion Cynthia (MA)		Pilates Yoga Fusion Cynthia (MA)	
2:00-2:50 pm		80's Aerobics Laura (D)			
3:00-4:00 pm	Sweatshop Sarah W (B) 3:50 Zumba® Allison (D)	Muscle Confusion Cynthia (B) 3:50	Boot Camp Kelley (B) 3:50 Zumba® Allison (D)	Muscle Confusion Cynthia (B) 3:50	Triple Fit Becky (B) 3:50
3:45-5:00 pm		Power Vinyasa Yoga Charlotte (A)		Power Vinyasa Yoga Cathy (A)	
4:00-4:50 pm	Cheer Dance Katy (B) 5:00	Boot Camp-Leslie (B) Zumba® (D) Emily & Cheney		Sweatshop-Sarah W (B) Zumba® (D) Emily & Cheney	Cardio Kickboxing Jacqueline M (B) 5:00
4:10-5:10 pm	Cardio Kick Katie M (D)		Toning on the Ball Sarah W (D)		
4:15-5:00 pm	Cycle Leslie (E)	Cycle and Abs Jessica P (E)	Cycle-Jessica P (E) Step-Courtney (B) 5:15	Pilates-Vivian (MA) Cycle-Leslie (E)	
5:00-5:50 pm		Kickboxing-Brendan (D)			
5:15-6:15 pm		Power Vinyasa Yoga Charlotte (A) 6:30	Yoga Flow Myrna (A)	Power Vinyasa Yoga Cathy (A) 6:30 Triple Fit-Kay (B)	Pilates Carolyn (MA)
5:20-6:20 pm					
5:30-6:30 pm	Yoga Flow- Bill (A) 6:45 BODYPUMP™ Janay (B) Pilates-Gary (MA) Athletic Step Angela (D) Cycle-Kathryn M (E)	Step & Sculpt Kay (B) 6:20 Cycle-Sarah P (E)	BODYPUMP™ Sarah P (B) Pilates-Gary (MA) Interval Party Amanda (D) Cycle-Angela (E)	Hip Hop Ride Chris C (E)	BODYPUMP™ Sarah P (B) Cycle-Daniel (E)
5:45-7:00 pm					Yin Yoga-Bill (A)
6:00-7:00 pm		Armed & Dangerous Carolyn (D) 6:50		Yoga Booty Ballet® Jessica H (D)	
6:30-7:30 pm		BODYPUMP™ Kathryn Z (B)		BODYPUMP™ Kathryn Z (B) Cycle-Chris C (E)	
6:45-7:45 pm	Zumba® (D) Emily & Cheney Cycle-Vivian (E)		Zumba® (D) Emily & Cheney Cycle-Kathryn M (E)		
7:00-8:00 pm	Restorative Yoga Bill (A) Step & Stability Janay (B)	Zumba® Carolyn (D) 7:50	Rock Your Vinyasa Ruth (A) Bar Combat Janay (B)		
8:00-9:00 pm	Boot Camp Kelley (D)	Step & Sculpt Courtney (D) 8:50			
8:10-8:50 pm	Cardio Kickboxing Jacqueline M (B)				

KEY:
A=Studio A B=Studio B MA=Martial Arts D=Studio D E=Studio E
Group Fitness
Cycle
Mind Body

Saturday	Sunday
9:15-10:15 am 10:00-11:00 am	3:00-4:00 pm 4:10-5:10 pm
Cycle-Katie P (E) BODYPUMP™ Alexa (B) Arms, Abs & Glutes Carolyn (D)	Yoga Booty Ballet® Leslie (D) Cardio Kick Katie M (D)
11:10-12:00 pm 12:10-1:10 pm	5:30-6:30 pm 6:00-7:00 pm
Pilates On the Ball Vivian (D) Cardio Kickboxing Jennie (B)	Cycle-Vivian (E) BODYPUMP™ Rebecca H (B) Yoga Rhett (A)

Schedule runs August 24-December 8th. Try all classes during FREE WEEK: August 17-23rd.
 NO classes: Home football Saturdays (9/12, 9/26, 10/3, 11/7 and 11/14) and 9/5-9/7, 10/30-11/1 and 11/21-11/29.
 Extended Schedule: December 9-18th: 6:10am cycle classes and 12:10 & 5:30 Studio B group fitness classes.

Registration Information:

- Registration begins Monday, August 10th, 2009 at the Ramsey Student Center Cashier's Window. The hours are Mondays-Fridays, 9:00 am – 6:00 pm.
- A UGA I.D. is required to register for any Fitness and Wellness program. Only current, fees-paid UGA Students or Ramsey Center members age 18 and older are eligible to register for fitness and wellness programs.
- An assumption of risk form MUST be signed before participating. It is strongly recommended that men over 45 and women over 55 years of age receive a medical clearance from their physician before taking classes.
- No refunds are given for fitness class passes. If a medical condition arises that precludes completion of a class, refunds are based upon the session start date. Refund is subject to a \$15 processing fee.
- We reserve the right to cancel any class due to low attendance or other unforeseen circumstances.

For more information, please contact Nicole Dudley or Stacy Connell at the Department of Recreational Sports at 542-5060 or check out our website, www.recports.uga.edu.



Fitness Pass Registration Options Fall 2009

Registration Options	Student	Faculty/Staff	Alumni
1-class pass	\$6	\$6	\$6
10-class pass	\$50	\$60	\$70
Cycle Pass	\$70	\$85	\$100
Group Fitness Pass	\$75	\$90	\$105
Mind/Body Pass	\$80	\$95	\$110
All-Access Pass	\$125	\$140	\$155

*1-class, 10-class and All-Access passes allow you to attend any classes on the All Access Fitness Schedule.

Class Descriptions

80s Aerobics High cardio workout including step and intervals set to throwback tunes from top 80s artists, from Aretha to ZZ Top!

Armed and Dangerous This class is all about the upper body and will include boxing and self-defense moves along with sculpting exercises plus 15 minutes of hard-core abdominal work to top everything off!

Arms, Abs and Glutes Everything you need to work your upper body and core in this one hour class that will leave you burning!

Athletic Step Get your heart pumping doing high intensity cardio intervals on the step. The choreography is basic but be prepared to sweat and burn those calories!

BODYPUMP™ is one of the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout.

Bar Combat Combine strength training with a body bar and kickboxing moves for a full-body cardio and toning workout!

Boot Camp This boot camp-inspired workout will leave your heart pounding and your muscles fatigued. Ready for a challenge?

Cardio Blast You will have a blast with this sports inspired cardio workout. This class combines choreographed aerobic movements with strength and stability movements.

Cardio Kickboxing Join us for a mixture of our challenging kickboxing mixed with cardio to keep your heart rate up to increase your results.

Cardio Strength This class is designed to increase the effectiveness of your cardio workout by including strength training that will help you burn more calories after your workout ends.

Cheer Dance Learn some cheer and dance moves that will get your heart pumping and sweat dripping just like a UGA cheerleader!

Cycle Cycling is a great aerobic workout that offers both an endurance and an interval workout. One thing is for sure, you will be challenged and burn calories!

Cycle & Abs Get a great 35 minute cycle ride followed by 10 minutes of core work.

Fab Abs Come ready to feel the burn and tone your mid-section.

HEAT High Energy Athletic Training...if you've got energy and want a challenging workout, then this class is for you!

Hip Hop Ride This cycle class is set to upbeat tunes that energize you to work harder and faster to see great results.

Interval Party An intense workout through a series of different types of intervals, including kickboxing and sculpting.

Kickboxing Punch and kick your way into great shape. Learn the proper techniques of kickboxing while getting a stress-relieving, sweat-dripping workout. There will also be exercises to improve balance, strength and core stability.

Kick Interval This class is a mix of kick and jab combinations, intervals and abs, come fight your way through a tough workout.

Lunchtime Yoga See Yoga

Morning Kickstart Jumpstart your day with a morning cardio blast of kickboxing choreography to upbeat music! Burn 400-500 calories and melt away stress.

Muscle Confusion Confuse your muscles with something new each week! Format ranges from pilates, hi/lo, cycle and more each week.

Pilates Learn the basics of the Pilates while experiencing each movement from the inside out. Improve coordination, balance, posture, and flexibility.

Play on Pilates Be prepared for a physical workout as you learn new techniques and ways of enhancing Pilates movements. You will also focus on improving strength, coordination, balance, posture, and flexibility.

Pilates On The Ball Combine Pilates exercises with the additional challenge of the stability ball. This class is a great total body workout for a challenge at any level.

Pilates Yoga Fusion Ideal for those who have had prior experience with Pilates. Upon request, bands, Pilates rings, and Body Bars in conjunction with a brief yet thorough abdominal workout will also be offered to those looking for a safe yet full mind-body connection.

Power Vinyasa Yoga This style of Hatha yoga flows from one posture (asana) to the next, while the breath keeps the rhythm. It is physically a more strenuous form of yoga that uses power and focuses on the cardiovascular system, muscular flexibility, strength, and balance while achieving a mind-body connection.

Restorative Yoga Restore your mind and body in this yoga class, come prepared to relax.

Rock Your Vinyasa Yoga to the tune of Tool, NOFX, Radiohead, Jack Johnson, Beautiful Girls...and anything your heart desires. Create your playlist and your practice. Bring an open mind and a willingness to try things. All levels welcome!

Step This class includes multiple combinations involving the step to give you a great cardio workout that makes you sweat off those calories.

Step & Box Combine two great cardio workouts in one class. Half of the class is in the format of step while the other half is in the format of kickboxing...a great combination!

Step & Sculpt Combine a fun step class with a challenging sculpting workout to top everything off!

Step & Stability Combine the cardio of step with stability exercises to complete your workout.

Sweatshop Be prepared to sweat in this cardio-based, interval-style class.

Toning on the Ball Utilize your balance and your strength with this on the ball class that will hit your core while sculpting your entire body.

Triple Fit Triple the fun with three equal amounts of step, hi/lo, funk, kickboxing, or resistance training for a workout that has it all.

Turbo Kick® Learn kickboxing combinations set to heart-pumping jams helping you blast away fat and stress!

Vinyasa Yoga Combine breath with movement emphasizing strength, flexibility and mindfulness. This class is fairly vigorous but is open to all levels.

Yin Yoga A very distinct yoga that focuses on stretching connective tissue, specifically ligaments and tendons in the joints and spine. It's like the massage you need at the end of a long week.

Yoga Students will perform sun salutations, back bends, forward bends, inversions, twists, and hip openers.

Yoga Booty Ballet® Mix cardio dance with booty sculpting exercises and yoga and you are guaranteed a great workout.

Yoga Flow Learn to connect your breathing with your body's movements while toning your muscles.

Zumba® This class combines high energy and motivating music with unique moves and combinations that allow the participants to dance and have fun!