



RAM FITNESS Programs

SPRING 2017:

Beginning January 23-May 5, 2017

Finals Week Modified Schedule May 8-12, 2017

Key: A = Room 020 / B = Room 024 / C = Room 105 STUDENT RECREATION CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	BODYPUMP-B 6:15-7:15AM Caitlyn		BODYPUMP-B 6:15-7:15AM Lauren	
GRIT-B 6:30-7:00AM Delaney		GRIT-B 6:30-7:00AM Delaney		GRIT-B 6:30-7:00AM Brynn
		Cycle & Tone-C 6:30-7:15AM Veronica		
	Yoga-B 8:00-9:00AM Danielle	Fitness Rotation-B 8:00-8:30AM	Yoga-B 8:00-9:00AM Danielle	
		Fitness Rotation-A 8:35-9:05AM		
				Fitness Rotation-B 9:00-9:30AM
				Fitness Rotation-A 9:35-10:05AM
		Cycle & Tone- C 10-11AM Kara		Fitness Rotation-B 10:10-10:40AM
				Fitness Rotation-A 10:45-11:15AM
Cycle & Tone- C 12:00-1:00PM Kara	Barre-B 12:00-1:00PM Jackie	Piyo-B 12:00-1:00PM Veronica	Barre -B 12:00-1:00PM Jackie	BODYPUMP-B 12:00-1:00PM Lucia
GRIT-A 12:15-12:45PM Gina		GRIT-A 12:15-12:45PM Gina		GRIT-A 12:15-12:45PM Gina/Christina
Fitness Rotation-B 1:00-1:30PM	Fitness Rotation-A 1:00-1:30PM	Fitness Rotation-A 1:00-1:30PM	Fitness Rotation-A 1:00-1:30PM	Fitness Rotation-A 1:00-1:30PM
Fitness Rotation-A 1:35-2:05PM	Fitness Rotation-B 1:35-2:05PM	Fitness Rotation-A 1:35-2:05PM	Fitness Rotation-B 1:35-2:05PM	Fitness Rotation-B 1:35-2:05PM
	Fitness Rotation-B 2:10-2:40PM		Fitness Rotation-B 2:10-2:40PM	
Yoga-B 4:00-5:00PM Ruby	Muscles & Mascara-B 3:45-4:30PM Shannon	Yoga-B 4:00-5:00PM Ruby	Muscles & Mascara-B 3:45-4:15PM Shannon	
Cycle & Tone- C 4:00-4:45PM Jade		Cycle & Tone- C 4:00-4:45PM Jade		
BODYPUMP-B 5:00-6:00PM Lucia	GRIT-A 5:00-5:30PM Shannon	BODYPUMP-B 5:00-6:00PM Lauren	GRIT-A 5:00-5:30PM Shannon	
GRIT-A 5:15-5:45PM Jade		GRIT-A 5:15-5:45PM Jade		
Cycle & Tone- C 6:00-7:00PM Veronica	BODYPUMP-B 6:00-7:00PM Elyse	Zumba Burst-A 6:00-7:00PM Alyssa	BODYPUMP -B 6:00-7:00PM Caitlyn	
Zumba Burst-A 6:00-7:00PM Alyssa	Barre-A 6:15-7:15PM Jackie			
BODYPUMP-B 7:00-8:00PM Julia	Piyo-B 7:00-8:00PM Veronica	Zumba-A 7:00-8:00PM Sigfried	Cycle & Tone-C 7:15-8:15PM Kara	
Zumba 7:00-8:00PM-A Sigfried	GRIT- A 7:30-8:15PM Christina		GRIT- A 7:30-8:15PM Christina	

****In purple are Small Group Training Sessions that REQUIRE Participants to pre-register online****

RAM Group Fitness

Fitness Rotation: **Beginning Monday, February 6th** Need a good workout with some variety? Then this is the class format for YOU! All listed Fitness Rotation group exercise classes are instructed by EXS 484 student instructors in training. Formats of these classes will rotate between Step, Kickboxing, Dance, Pilates, and Yoga. The format of each class will be posted on the white boards outside Studio A and Studio B 24hrs prior to the class. ALL fitness levels are welcomed and encouraged! If you're looking for a class to wake you up and get you in GREAT shape, then come join us!

Cycle & Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring! Cycling is a great cardiovascular challenge to anyone's weekly workouts. It is a moderate to intense cycling class filled with a wide selection of upbeat music Cycle & Tone provides 45 minutes of cycle training followed by 15 minutes of abs/core work.

BODYPUMP™: is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Burn up to 530 calories per class!

Zumba®: Ditch your traditional workout and come join the party! Zumba is a Latin-Inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! (no dance experience required ☺) Burn up to 500-800 calories in this party-like environment!

Muscles and Mascara: The goal of this class is to empower you to feel great about the way you look, and to help you get into the best shape of your life. This is a HIIT class (high intensity interval training) that mixes TABATA with cardio and strength conditioning. We will focus on the target areas that most girls struggle to tone and shape; guys are also welcomed to come give this class a try as well. From beginners to highly advanced, everyone can find the perfect workout here!

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. This class combines the energy and movement of a Yoga class with the core stabilizing and regenerative dynamics of Pilates. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

RAM Small Group Training

GRIT- Les Mills GRIT 30-minute classes rotate through a schedule of Cardio-designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises, Plyo-power agility training on a bench that will build a powerful, agile, athletic body and increase speed, and Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

Important Dates:

Preview Week: Monday January 23rd- Friday January 27th
*Small Group Training Sessions open to all without payment.

GRIT 19 Launch: Tuesday January 24th 7pm

BODYPUMP 100TH Release Launch: Thursday January 26th 7pm

SMALL GROUP TRAINING SESSIONS:

Session 1: January 30th- March 10th
(online registration deadline: January 27th @12pm)

Second Preview Week: Monday March 20th- Friday March 24th
*Small Group Training Sessions open to all without payment.

Session 2: March 27th-May 5th
(online registration deadline: March 24th @12pm)

*** All Group Fitness classes and Small Group Training sessions can be modified to any participant's fitness level**