

SRC GROUP FITNESS CLASS DESCRIPTIONS

Spring 2012

Advanced & Med/Hi Abs –

EIU's most popular toning class!
This is a half-hour class of intense abs and lower back exercises.
Choose Advanced or Med/Hi!

Awesome Arms- get sculpted triceps and toned biceps in this upper body toning class!

Beginning & Intermediate

Cycling- Get ready to bike your way to a fantastic workout! You choose, beginning or intermediate!

Bootcamp – Looking for something new?

This high intensity workout will really kick up your routine with something new every class!

Cardio Strength- In this 25 minute class, you will burn calories and blast away fat! It's an awesome class to change up your cardio routine!

Express – Short on time? Not ready for a full class? These shorter versions of your favorite classes are the ones for you!

Kettleball Toning- Use the newest fitness equipment in this total body toning class! Equipment is limited, so please arrive 5-10 minutes early.

Guts, Guns, and Buns – This great sculpting class takes Guts and Buns one step further to add some smokin' guns!

Kickboxing – Not a self-defense class, but a great workout. Kickboxing combines kicks and punches for a total body workout.

Kick 'n' Tone – This cardio and toning class combines the high energy workout of a cardio class with total body toning. Get ready to sweat and tone!

Rock Bottom – This 30 min. lower-body toning class is designed to tighten, tone, and sculpt your abs, glutes, thighs and calves.

Totally Toning – This class uses the step, jump rope, hand weights and more for a total body sculpting experience!

Yoga – Come to Yoga and experience calmness. Not only does it work your body, but teaches you to relax.

Zumba – ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

WANT TO TEACH GROUP FITNESS CLASSES??

Love to attend our group fitness classes? Come join the SRC group fitness staff! Watch for information about our Fitness Instructor Training classes, beginning in late January!

**No experience
necessary!!**

CYCLING SIGN-UPS ARE NOW ONLINE!!!!

How to sign up for an Indoor Cycling class:

1. Go online to our website www.eiu.edu/campusrec and follow the links. It's that easy!
2. You must have your ID to sign up. You may *not* sign up other people in addition to yourself.
3. You may sign up for **no more than one class per day**. Classes will be open up to 24 hours in advance.
4. All those who have signed up for a class must be at the studio no less than 5 minutes before the class starts with their panther card to check in with the instructor. If you do not bring your ID you will not be allowed into the class.
5. Any person who signs up for a class but does not check in with the instructor by 5 minutes before class time forfeits their reservation to the next person on the wait list.