

SRC GROUP FITNESS CLASS DESCRIPTIONS

FALL 2009

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! No Impact

Aqua Splash

Dive into a great workout with this low impact class! It's cardio and toning in the water. *(In Lantz Pool)*

Beginning & Intermediate Cycling

EIU's newest group fitness class. Get ready to bike your way to a fantastic workout! You choose, beginning or intermediate!

Bosu

The Bosu Ball will challenge your coordination and balance! Get ready to sculpt and tone with this new way to exercise!

Circuit Toning

This 30 minute class uses intervals concentrating on each area to give you a quick total body workout!

Cardio Dance

Dancing as exercise? That's right! This fun class uses salsa and hip-hop and more! No experience needed!

Guts and Buns

Get that rear in gear and tighten that tummy with this great lower body toning class!

Guts, Guns, and Buns

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

Pilates

There is no better way to start or end your day than with a Pilates workout! This class will strengthen, tone and leave you feeling relaxed.

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.

20/20/20

Try an all-inclusive workout: 20 min. of cardio, 20 min. of toning, and 20 min. of yoga, Pilates, or stretching.

How to sign up for an Indoor Cycling class:

1. You must sign up in person at the office in the SRC.
2. You must present your ID to the person in the office and let them know which class you would like to sign up for. You may not sign up other people in addition to yourself.
3. You may sign up for no more than one class per day.
4. There will be a wait list of no more than 5 people for each class.
5. 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.
6. 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.