

Albright College Fall '08 Group Fitness Schedule

Effective - 8/24/08-12/12/08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9:00-10:00AM <i>Fit at 50+</i> Liz</p>	<p>9:00-10:00AM <i>Silver Sneakers I</i> Sara – Starts Sept. 17th</p>	<p>9:00-10:00AM <i>Fit at 50+</i> Liz</p>	
<p>10:30-11:30AM <i>Silver Sneakers I</i> Roe</p>		<p>10:00-10:30AM <i>Silver Sneakers</i> <i>Yoga Stretch</i> Sara – Starts Sept. 17th</p>		<p>10:30-11:30AM <i>Silver Sneakers I</i> Roe</p>
	<p>12:15-12:45PM <i>Total Body</i> Alison</p>		<p>12:15-12:45PM <i>Total Body</i> Alison</p>	
<p>4:00-5:00PM <i>Power Yoga</i> Alison</p>	<p>4:15-5:00PM <i>Cardio Kickboxing</i> Alison</p>	<p>4:15-5:00PM <i>Butts & Guts</i> Alison</p>	<p>4:15-5:00PM <i>Cardio Kickboxing</i> Alison</p>	
<p>5:00-6:00PM <i>Meditation ***</i> Victor</p>	<p>5:00-5:15PM <i>Awesome Abs</i> Alison</p>		<p>6:00-7:00 <i>Total Body</i> Megan</p>	
	<p>7:30-8:15PM <i>Butts and Guts</i> Megan</p>	<p>8:00-9:00PM <i>Boot Camp</i> Steve – Starts Sept. 3rd</p>	<p>7:00-8:30PM <i>Tai Chi ***</i> Bob</p>	

**Must sign up in advance at the front desk for these classes. Space is limited!*

Class Description

Power Yoga- This class combines a variety of yoga formats in a rigorous practice utilizing dynamic breathing and challenging postures. The goals of this class are to build strength and focus, make tight joints more flexible, release tension, and make you sweat! Be prepared to move!

Total Body - A total body workout involving hand held free-weights, glides, and balls. This class is power- packed, it will leave you feeling challenged and re-charged! You will work all areas in the body while listening to fun motivating music!

Silver Sneakers Muscular Strength I- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is perfect for first-time exercisers.

Fit at 50+- Join in the fun and improve your health with this basic group fitness class that will help enhance your range of motion, improve over-all body strength and pump up the action of the lungs. Exercise intensity is focused for those who have some fitness training experience. The exercises are safe and easy to follow and most of all, fun!

Awesome Abs- Take 15 minutes out of your day to target your mid-section. Learn challenging effective abdominal exercises that you can implement into your fitness routine.

Boot Camp-This football coach will bring motivation and excitement to your fitness plan. Improve your physical and emotional well-being and realize your capabilities. This class focuses on strength and endurance!

Cardio Kickboxing- In this class you will punch, kick, and sweat your way to a higher fitness level. You will learn martial arts based techniques put to music, guaranteed to provide an exciting complete overall body workout!

Butts & Guts- Come spend 45 minutes focusing on lower body and Abdominal exercises. Learn how to effectively use free weights & your body as a tool to focus on these target areas. Throw in a few cardio/plyometric drills and you have a spectacular workout!

Tai Chi- Tai Chi is an ancient Chinese system of slowly flowing movements and shifts of balance that strengthens the legs while conditioning the tendons and ligaments of many joints including ankles, knees, and hips, increasing range of motion and making them more resilient, less prone to injury. Tai Chi is a physical exercise that focuses the mind, while conditioning the body.

Meditation: This class meets in the Schumo Conference room and is guided by Dr. Victor Forte, Ph.D, Assistant Professor of Religious studies. The National Institute of Health reports that regular meditation can increase focus, reduce chronic pain, anxiety, high blood pressure, cholesterol, health care use, substance abuse, post-traumatic stress response, and blood levels of stress hormones.