

Western Illinois University

Group Fitness Schedule

January 17-May 5, 2012

MONDAYS

11:15-12:15PM (FSW) Yoga/Meditation
12:15-1:00PM (FSE) PiYo™
3:30-4:20PM (FSW) Redonkulous
4:00-4:50PM (FSE) Rocky Step
4:00-5:00PM (Pool) H2O Challenge
4:30-5:20PM (FSW) ZUMBA™
5:00-5:30PM (FSE) 30 Minute Abs
5:30-6:20PM (FSW) Crosslates
5:40-6:20PM (FSE) Pure Cycle
6:30-7:20PM (FSE) Kickboxing Fit Challenge
6:30-7:20PM (FSW & Court 3) Leatherneck Training
7:30-8:20PM (FSW) 20-20-20
7:30-8:30PM (FSE) Boot Camp
8:30-9:20PM (FSW) Hip Hop Dance
9:30-10:30PM (FSW) Late Night Fit

TUESDAYS

12:15-1:00PM (FSW) ZUMBA™
3:30-4:20PM (FSW) Simply Circuit
4:00-4:50PM (FSE) Turbokick™
4:30-5:20PM (FSW) Abs & Ends
5:00-5:30PM (FSE) 30 Minute Abs
5:00-6:00PM (Pool) H2O Challenge
5:30-6:20PM (FSW) Bellydance
5:40-6:20PM (FSE) Ballin'
6:30-7:20PM (FSE) Basic Strength
6:30-7:20PM (FSW) TBC
7:30-8:00PM (FSE) 30 Minute Abs
7:30-8:30PM (FSW) Hula Hoop Fitness
8:10-9:20PM (FSE) Switching Gears
9:30-10:30PM (FSE) Late Night Fit

FSE – Fitness Studio East

FSW – Fitness Studio West

Classes, times, and instructors are subject to change.

Contact Kelley Popkin (KA-Popkin@wiu.edu) or
Liz Greenlee (EA-Greenlee@wiu.edu) for questions.

Join us on Facebook and Twitter! (@WIUFitness)
Text "Follow WIUFitness" to 40404 to receive text updates.

Class Descriptions

WEDNESDAYS

11:15-12:15PM (FSW) Yoga/Meditation
12:15-1:00PM (FSE) PiYo™
3:30-4:20PM (FSW) Redonkulous
4:00-4:50PM (FSE) Strength and Stretch
4:00-5:00PM (Pool) H2O Challenge
4:30-5:20PM (FSW) Rocky Step
5:00-5:30PM (FSE) 30 Minute Abs
5:30-6:20PM (FSW) ZUMBA™
5:40-6:20PM (FSE) Pure Cycle
6:30-7:20PM (FSE) Kickboxing Fit Challenge
6:30-7:20PM (FSW & Court 3) Leatherneck Training
7:30-8:20PM (FSW) Abs & Ends
7:30-8:30PM (FSE) Boot Camp
8:30-9:20PM (FSW) 20-20-20
9:30-10:30PM (FSW) Late Night Fit

THURSDAYS

12:15-1:00PM (FSW) ZUMBA™
3:30-4:20PM (FSW) Simply Circuit
4:00-4:50PM (FSE) Turbokick™
4:30-5:20PM (FSW) Abs & Ends
5:00-5:30PM (FSE) 30 Minute Abs
5:00-6:00PM (Pool) H2O Challenge
5:30-6:20PM (FSW) Bellydance
5:40-6:20PM (FSE) Ballin'
6:30-7:20PM (FSE) Basic Strength
6:30-7:20PM (FSW) TBC
7:30-8:00PM (FSE) 30 Minute Abs
7:30-8:30PM (FSW) Cardio Mix
8:10-9:20PM (FSE) Switching Gears
9:30-10:30PM (FSE) Late Night Fit

FRIDAYS

12:15-1:00PM (FSE) Simply Circuit
2:30-3:20PM (FSE) Rocky's Weekend Workout
3:30-4:00PM (FSE) 30 Minute Abs

SATURDAYS

1:00-1:50PM (FSE) Rocky's Weekend Workout
2:00-2:30PM (FSE) 30 Minute Abs

20-20-20 Utilize a combination of step, boot camp, cycle, BOSU, pumping iron, slide, kickboxing, drills, strength training and so much more in this combination

class. Spend 20 minutes on three different formats. Guaranteed to keep you on your toes!

30 Minute Abs Think you got what it takes? Join us for a 30 minute intense workout for your core! Work your abdominals, obliques, lower back, and booty to help you succeed in your desired 6-pack goal! Offered 8 times a week...see you there!

Abs & Ends Butts and guts will be busted in this lower body class. Tighten your bakery (where your buns and rolls are) and prepare for some bootylicious swimsuits for spring break!

Ballin' We fly high...no lie. Experience a workout like never before using balls - physio balls, medicine balls, BOSU balls (those half-balls), and any other spherical-shaped equipment to whip your body into shape! Check it!

Basic Strength New to strength training? This class is for you. This class focuses on the basics of strength training, including proper technique on a variety of exercises. The perfect class for the beginner exerciser and those looking to supplement their current workout with a resistance program. Strong is the new skinny!

Bellydance Learn to isolate, rotate, shimmy and shake your body like you never thought you could to exotic modern and classic bellydancing tunes. Wear comfortable clothing and something at the hips (belt or scarf). Bare feet or flat dance shoes are recommended. This class is an excellent cardio/core workout for all genders, ages, and fitness levels.

Boot Camp Jump, crawl, jab, and push your way through a total boot camp experience. No choreography here...just drills that will get your heart racing and your sweat pouring! Not for the faint of heart!

Cardio Mix Mix up your workout with this class of different types of cardio. The goal of this class is to keep your heart rate up to maximize your workout. Whether its step, boot camp drills, circuit training, kickboxing, or other forms of cardio, you will never get bored with this aerobics class. Bring your water, grab a towel and get ready to burn some calories!

Crosslats Come enjoy the "cross" between Pilates, strengthening techniques, and high intensity cardio bursts. This class will target small muscle groups by incorporating the toning and lengthening effects of Pilates. Work at your own pace and push to your personal limits!

H2O Challenge Dive in and get wet in this aqua fitness class. This class is great alternative for cross training! Benefit from a mix of cardio and strength training exercises all while in the pool. Work against the water to gain muscle mass and endurance.

Hip Hop Dance Join our hip hop instructor every Monday night for a fun and creative hip hop routine! You'll learn dance technique and a fun dance combination that even the most choreography-challenged participant can pick up on.

Hula Hoop Fitness Learn the basics of hula hooping and gain core benefits! Works out your entire core while you shimmy the hoop around your body. Beginners welcome!

Kickboxing Fit Challenge Punch, kick, and block your way to a healthier you, all while you release a little stress and learn some self-defense moves! Join us for an intense, total-body workout designed to improve your strength, aerobic fitness, flexibility, coordination and balance. The use of the wavemaster, BOSU, step, gloves, and/or balls takes this kickboxing class to the next level.

Late Night Fit Wind down your day with Late Night Fit! Check out this fun class for the night owls of WIU. Offered 4 times a week at 9:30 PM. Wipe the slate clean and go to bed with a feeling of accomplishment!

Leatherneck Training Join this class for an intense session of bootcamp-style drills and intervals of cardio and plyometric/agility based strength training. Push your body to the limits and get results. This class will utilize FSW and Basketball Court 3.

PiYo™ PiYo™ is an athletic combination of both Yoga and Pilates and allows you to move at a moderate tempo from one pose to another. This class involves core strength, flexibility, plyometric training, and body weight resistance. All levels are welcome.

Pure Cycle Ready to take your indoor cycle to the next level? This 40 minute class is on the cycle the whole time. This class incorporates flats, hills, and high intensity drills that will push you to your limit while working in different heart rate zones. Pure Cycle is great for any level since you choose your intensity. Get your cardio session in while having fun at the same time.

Redonkulous A class filled with anything and everything. This isn't your ordinary fitness class. You'll have to show up to see what we have in store. No class will ever be the same with our professional and graduate staff instructors. Don't miss out on the class that's too crazy to have a real description. Check out Redonkulous!

Rocky Step Step up your cardio with this choreography-based step class. Burn calories and tone those legs and booties while having a blast. Learn several different combinations each class using L-Steps, Rocking Horses, and Mambos. The class is open to beginners and advanced steppers!

Rocky's Weekend Workout Need a break from your week? Feel better in this Weekend Workout for our own WIU students. Don't feel guilty about watching TV and eating bon bons all weekend. Grab your friends and we'll see you there!

Simply Circuit An entire class of circuit training will help you get your sweat on and keep your body guessing. Keep your heart rate up while incorporating endurance resistance training. You can be moving through a large circuit during the class or experiencing mini cardio/resistance circuits to whip your body into shape.

Strength and Stretch Want to strengthen and lengthen your body? Try this innovative class mixing muscle building activities while elongating your muscles through targeted stretching. The results will surprise you!

Switching Gears This interval-based class is great for cycle newbies. Switch from cycle to resistance exercises in the matter of minutes! If you enjoy cycling and burning some calories, this is your kind of workout!

TBC (Total Body Conditioning) Get a total body workout in this challenging class. Try innovative exercises to get a full workout. Condition your body to gain strength, speed, flexibility, and endurance.

Turbokick™ Learn kickboxing skills choreographed to energizing music. Using no equipment, this kickboxing workout incorporates a number of upper body punches and lower body kicks. Most suitable to participants of medium to high fitness levels, but newcomers are always welcome – just let your kickboxing class instructor know.

Yoga/Meditation Take time out of your hectic schedule to enjoy a beginner-friendly yoga class. Experience yoga bliss as you gently strengthen and stretch your mind and body. Allow yourself to relax into the moment with breathing and posture exercises. The end of each class will be focused on relaxation and meditation techniques to bring calm to your world and a smile to your face.

ZUMBA™ Ditch the workout and join the party!™ Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.