

Aerobics

S/F-S

M & W	Turbo Kick®	12:10pm	9/23-12/9	\$48/58
Tuesday	Zumba	11:10am	9/22-12/8	\$38/48
Tuesday	Irish Step	5:10pm	9/22-12/8	\$38/48
Tuesday	Zumba	5:10pm	9/22-12/8	\$38/48
Tuesday	WillPower&Grace	6:10pm	9/22-12/8	\$38/48
Wednesday	Irish Step	6:10pm	9/23-12/9	\$38/48
Thursday	Turbo Kick®	11:00am	9/24-12/10	\$38/48
Thursday	Zumba	2:10pm	9/24-12/10	\$38/48
Thursday	Hip Hop	6:10pm	9/24-12/10	\$38/48
Thursday	Zumba	6:10pm	9/24-12/10	\$38/48
Friday	Step	2:10pm	9/25-12/11	\$38/48
Sunday	Ballet II	3:00pm	9/27-12/13	\$38/48
Sunday	Ballet I	4:00pm	9/27-12/13	\$38/48
Sunday	Hip Hop	6:00pm	9/27-12/13	\$38/48

Adult Swim Lessons

S/F-S

Monday	Beginner	7:00pm	10/5-11/23	\$48/58
Wednesday	Beginner	7:00pm	9/23-11/11	\$48/58
Thursday	Beginner	7:00pm	9/24-11/12	\$48/58
Friday	Beginner	12:00pm	9/25-11/13	\$48/58
Sunday	Advanced	1:00pm	9/27-11/15	\$48/58
Sunday	Beginner	2:00pm	9/27-11/15	\$48/58

Sculpt

S/F-S

T & Th	Power Hour	8:00am	9/22-12/10	\$78/88
T & Th	Orange Pack	9:00am	9/22-12/10	\$32/42
	Abs	½ hour		
M & W	Orange Pack	1:10pm	9/23-12/9	\$32/42
	Abs	½ hour		
Tuesday	Power Hour	4:10pm	9/22-12/8	\$53/63

Tennis Lessons

S/F-S

Wednesday	Beginner	3:00pm	9/23-10/21	\$48/58
Wednesday	Advanced	4:00pm	9/23-10/21	\$48/58

Mind/Body

S/F-S

Monday	Yoga	4:10pm	10/5-12/7	\$48/58
Monday	Mat Pilates	5:15pm	10/5-12/7	\$48/58
Monday	Yoga II	6:10pm	10/5-12/7	\$48/58
M & W	Yoga	7:45am	9/23-12/9	\$78/88
M & W	Mat Pilates	10:10am	9/23-12/9	\$78/88
M & W	Yoga'lates	11:10am	9/23-12/9	\$78/88
M & W	Vinyasa	5:10pm	9/23-12/9	\$78/88
Wednesday	Power Yoga	6:10pm	9/23-12/9	\$53/63
T & Th	Pi Yo®	12:10pm	9/22-12/10	\$78/88
T & Th	Yoga Flow	6:10pm	9/22-12/10	\$78/88
Friday	Yoga	7:45am	9/25-12/11	\$53/63
Sunday	Yoga Flow	5:30pm	9/27-12/13	\$53/63

Aqua Fitness

S/F-S

M & W	Shallow	12:05pm	9/23-12/9	\$48/58
T & Th	Shallow	12:05pm	9/22-12/10	\$48/58
Sunday	Deep	12:00pm	9/27-12/13	\$38/48

Golf Lessons

S/F-S

Wednesday	Beginner	4:00pm	9/23-10/21	\$68/78
Wednesday	Intermediate	5:00pm	9/23-10/21	\$68/78

Cross Training

S/F-S

M/W/F	Tae Kwon Do	12:00pm	9/23-12/11	\$48/58
T & Th	Core N' More	12:10pm	9/22-12/10	\$48/58

Cycle

S/F-S

Monday	12:10pm	10/5-12/7	\$48/58
Monday	5:15pm	10/5-12/7	\$48/58
Monday	6:10pm	10/5-12/7	\$48/58
T & Th	6:45am	9/22-12/10	\$78/88
Wednesday	12:10pm	9/23-12/9	\$53/63
Wednesday	5:10pm	9/23-12/9	\$53/63
Wednesday	6:10pm	9/23-12/9	\$53/63
Friday	12:10pm	9/25-12/11	\$53/63

RAD (Self Defense for Women) *FREE*

Tuesday	4 week class	6-9pm	10/13-11/3	Free
Wednesday	4 week class	6-9pm	10/21-11/11	Free

*Contact Public Safety for more information: <http://publicsafety@syr.edu>

*All RAD classes take place in the Sky Barn on South Campus

Fencing

S/F-S

Wednesday	Fencing	6:00pm	9/23-12/11	\$38/48
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Healthy Monday *FREE*

FREE

Monday	1:00pm	10/5-12/7	FREE
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Healthy Monday is a part of the Healthy Campus Initiative. This is a program that focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user. Various fitness classes will be offered for FREE every Monday from 1:00pm-1:50pm in the Flanagan Exercise Room on a first-come, first-served basis. The maximum enrollment for each class will vary based on the activity. Please arrive early. for each class will

October 5 - Vinyasa	November 9 - Irish Step
October 12 -Power Hour	November 16 -Will Power and Grace
October 19 - Zumba	November 23 - Pilates
October 26 - Yoga	November 30 -Core N' More
November 2- Hip Hop	December 7 - Yoga'Lates

****NEW THIS FALL****

Irish Step, Vinyasa, PiYo®

Fitness Class Descriptions

Turbo Kick Box ®: Predesigned kick boxing interval class using no equipment. Intensity drills and increased energy sprints followed by work recovery segments.

Ballet: Ballet I (beginner) focuses on basic positions and fundamental techniques of stretching and strengthening. Ballet II (advanced) this class will follow a ballet format while focusing on more difficult turns and jumps.

Hip Hop: Be ready to break a sweat with this high energy class that uses the latest sounds in rap, R&B, and pop music.

Power Hour: A simple, highly effective variable weight program designed to increase strength, shape, and function of all muscle groups. Uses barbells, dumbbells and more!

Orange Pack Abs: 25 minutes of the best abdominal exercises!

Core N'More: A body strengthening and sculpting workout designed to target your core muscles using varied equipment.

Tae Kwon Do: Promotes strength and coordination of the whole body as well as aerobic fitness and flexibility.

Irish Step Dance: a traditional form of dance combining balance, strength and coordination to form sharp, strong movements. Proficiency in intricate step work provides a foundation for festive Celtic social dances.

Will Power & Grace®: A barefoot training class that appeals to all levels. A dynamic mosaic of the industry's most popular workouts. Think "pilates meets boot camp."

Yoga: This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods

Yoga Flow: This class combines modern Yoga Flow methods with classical Hatha Yoga methods. Challenges endurance, strength, and flexibility.

Yoga'lates: Half the class focuses on core training with pilates exercises while the second half focuses on stretching with yoga postures.

Power Yoga: Traditional yoga postures with emphasis on strength using hand held weights and extra intensity.

Mat Pilates : Mat-based strength, flexibility, and total body conditioning. Works core stability and elongating the muscles.

Aqua Fitness: A challenging water workout with little impact on the joints. Using all major muscle groups to enhance total body fitness in the aquatic environment. Water shoes are required for shallow. Flotation belts provided for deep.

Adult Swim Lessons: Beginner: participant has little or no swimming skills. American Red Cross (ARC) level 1-3. Advanced: Must be able to swim 25 yards on front and 25 yards back with a flutter kick. ARC 4-6

Cycle: As close to outdoor cycling as it gets inside. Participants will burn calories and have fun with instructor driven music and drills.

Zumba: Combines hip shaking Latin dance moves with high energy aerobics. This workout will blow you away!

RAD: Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. Each session runs for 4 weeks and is 3 hours long.

Vinyasa: The body is warmed, toned and energized with a continuous flow of basic standing postures. Emphasis on the core and proper alignment.

Pi Yo®: This unique format combines Pilates, Yoga, strength conditioning, flexibility, and dynamic balance. All levels welcome.

Golf Lessons: All lessons meet at Drumlins Country Club. Beginner, no experience required, learn the basics to the game of golf, clubs will be provided. Intermediate, beginner lessons are a prerequisite. Lessons will be on the course, perfecting your game, clubs will not be provided.

Tennis Lessons: All lessons meet at Skytop tennis courts. Please bring your own racquets, tennis balls will be provided.

Payment

After registering, please pay for your classes in person with **credit card or check** at the

Recreation Services Office

241 Archbold Gym, by 12:00 p.m.

Wednesday, September 16 .

If you do not pay by the deadline, you will be dropped from the class.

There will be a \$20 charge on all returned checks.

Healthy Monday

Healthy Monday is a part of the Healthy Campus Initiative.

This is a program that focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user.

Please see the attached schedule of **FREE** fitness classes.

Class price rates

S = Students

F-S = Faculty/Staff/Spouses

Dropping a Class

The last day to drop a class will be Wednesday, October 7 by noon.

Individuals who drop a class before this deadline will receive a full refund minus a \$10 surcharge.



Fitness Classes

Online Registration

Begins Thursday, September 10th at 8 a.m.

<http://recreationservices.syr.edu>