

SCHEDULE STARTS ON
SEPT 9, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Morning				
LOYOLA SPIN 60 Emily S 7:00am-8:00am 207		LOYOLA SPIN 60 Emma 7:00am-8:00am 207		LOYOLA SPIN 60 Emily S 7:00am-8:00am 207
Afternoon				
LOYOLA BOOTCAMP Kenny 12:15pm-1:00pm 207			LOYOLA BOOTCAMP Kenny 12:15pm-1:00pm 207	
Evening				
LOYOLA ABSOLUTION Lisa 5:00pm-5:20pm 209	LOYOLA SPIN 45 Emily W 5:15pm-6:00pm 207	LOYOLA ABSOLUTION Lisa 5:00pm-5:20pm 209	LOYOLA SPIN 45 Emily W 5:15pm-6:00pm 207	LOYOLA SPIN 45 Meg M 5:15pm-6:00pm 207
LOYOLA RESIST-A-BALL Lisa 5:25pm-6:25pm 209		LOYOLA RESIST-A-BALL Lisa 5:25pm-6:25pm 209	LESMILLS BODYPUMP Erin M 5:55pm-6:55pm 209	
LESMILLS BODYCOMBAT EXPRESS Kyle / Sam 5:35pm-6:20pm 207	LESMILLS CXWORX Kate B 6:05pm-6:35pm 207	LOYOLA SPIN 60 Meg M 5:25pm-6:25pm 207	LESMILLS CXWORX Kate B 6:05pm-6:35pm 207	
LESMILLS BODYPUMP Emily N 6:30pm-7:30pm 209	LESMILLS BODYCOMBAT Kyle / Sam 7:00pm-8:00pm 209	LESMILLS BODYPUMP Emily N 6:30pm-7:30pm 209	LESMILLS BODYCOMBAT Ayla / Sam 7:00pm-8:00pm 209	
LOYOLA SPIN 60 Emma 6:30pm-7:30pm 207	LOYOLA SPIN 60 Meg M 6:40pm-7:40pm 207	LOYOLA YOGA Jody S 6:30pm-7:30pm 207	LOYOLA SPIN 60 Emily S 6:40pm-7:40pm 207	
LESMILLS CXWORX Kate B 7:35pm-8:05pm 207	LESMILLS CXWORX Kyle/Kate C 8:05pm-8:35pm 207	LESMILLS CXWORX Kate B 7:35pm-8:05pm 207	LESMILLS CXWORX Kyle/Kate C 8:05pm-8:35pm 207	
LESMILLS BODYJAM Alyssa 7:35pm-8:35pm 209	ZUMBA Kezia 8:05pm-9:05pm 209	LESMILLS BODYJAM Alyssa 7:35pm-8:35pm 209	ZUMBA Kezia 8:05pm-9:05pm 209	
Sunday				
LOYOLA SPIN 60 Emma 6:35pm-7:35pm 207				

group exercise

GX

Loyola University Maryland
Fitness and Aquatic Center
Check out www.loyola.edu/recsports
for the latest fitness news and updates

ALL CLASSES ARE NOW FREE

THE WEEKEND

personaltraining
Loyola University Fitness and Aquatic Center

FALL into Fitness by working with a nationally certified personal trainer. Our trainers will help you reach your fitness goals! They will help you:

- » **LOWER BODY FAT**
- » **Develop Healthy Habits**
- » **Tone and Shape Muscles**
- » **Build Endurance**
- » **And More!**

MORE AFFORDABLE THAN EVER!

Get Started Today!
EMAIL US: FACFitness@loyola.edu

LIKE US



Sign-ups for classes begin 30 minutes prior to the scheduled start time at the Welcome Desk.

Class Descriptions



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The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for – and fast! Pump is 60 min and Pump Express is 45min!



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The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Combat is 60 min and Combat Express is 45min!



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The indoor cycling workout where you take on the terrain with your inspiring team instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover the athlete within – sweat and burn to reach your endorphin high. Spin60 is 60min and Spin45 is 45min.



The workout that builds flexibility and strength while leaving you feeling centered and calm. Controlled breathing, concentration and carefully structured moves and poses allow for all experience levels to create a holistic workout that brings the body into a state of harmony and balance.



The physical fitness system that uses the mind to control the muscles. This body conditioning system builds flexibility, strength, endurance, balance and coordination. The Pilates promise is that through a few energetic, concentrated moves, you will not only strengthen your core but you will also prepare your body for the daily grind.



Take your workout back to the core! AbSolution is the 20 minute kick in the stomach that will build core strength in the six-pack, obliques, lower back and hip flexors. Add this class to your regular workout and feel it transform your body.



What are you doing? Get on the ball! This full body conditioning workout will blast your muscles into better shape. Feel your heart lift and leave with the sense of an incredible new way to get a great overall muscle workout.

*Classes will not meet when academics are not in session



Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight, toned core. With dynamic training that hones in on abs, glutes, back, obliques and the “slings” connecting the upper and lower body, CXWORX will leave you looking good and feeling strong in just 30 minutes.



If fitness is a battle, welcome to the “FAC Army.” It’s where the word “can’t” isn’t in the vocabulary. This 45 min military-style workout will push your body and mind to the limit using bodyweight, plyometrics and interval training to give you a high intensity, short duration workout. Prove yourself on the frontlines with this intense workout.



It’s the original calorie-burning fitness-party that is moving millions of people toward the joy of health. The exhilarating, effective, easy-to-follow latin inspired program blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive!



An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get ready to get down!

NEW

LES MILLS BODYFLOW

BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

We are currently looking for student to become BodyFlow instructors for the Spring.
Contact kwanderson@loyola.edu