

Summer 2017 NEIU Group Fitness Schedule June 1— July 29

WEDNESDAY

1:00-2:00pm	Yoga	S1	Nancy
2:00-3:00pm	Zumba®	S1	Dee
5:15-6:00pm	Muscle Sculpt & Core	S1	Solei
6:00-6:45pm	Zumba®	S1	Solei

THURSDAY

12:00—1:00pm	Zumba® Toning	S1	Martha
4:00—5:00pm	Yoga	S1	Nancy
5:15-6:00pm	Muscle Sculpt & Core	S1	Solei
6:00-6:45pm	Zumba®	S1	Solei

FRIDAY

11:00—12:00pm	Muscle Sculpt & Core	S1	Bryan
12:15—1:30pm	Yoga	S1	Nancy
4:30-5:30pm	Total Body Conditioning	S1	Nipun
5:30-6:30pm	Spin & Core	S2	Nipun

SATURDAY

11:00-12:00	Muscle Sculpt & Core	S1	Bryan
12:00—12:45pm	Cardio Mix & Stretch	S1	Bryan

** REGISTRATION INFORMATION **

All classes are complementary during the summer
 *Registration is required prior to attendance *

Classes may be cancelled due to low attendance and/or registration please check online postings and/or PE complex front desk.

Register at the NEIU Campus Recreation active net site or
 in person before class at
www.neiu.edu/campusrec

Current NEIU student ID or Membership is REQUIRED to enter the PE Complex at ALL TIMES.

Come in exercise clothing, clean sole gym shoes and bring water.

Late comers check with instructor if is ok to join the class.

If leaving early position yourself towards the back and make sure to cool down and stretch on your own.

Class format and/or instructor are subject to change.

Classes may be cancelled due to low attendance/ registration.

For all updates check postings in PE complex or front desk.

Studios are located at the end of racquetball courts.

Class Descriptions

Cardio Mix & Stretch—A cardio workout that uses the steps, ladders, jump ropes, bikes, obstacles and cones to burn calories. Finish with a short stretching routine to lengthen muscles and prevent injuries.

Muscle Sculpt & Core—A session to strengthen, tone and sculpt your muscles using stability ball, dumbbells, and tubing. Core stabilization and proper posture will be emphasized.

Total Body Conditioning—A workout that will challenge your muscular strength and endurance, and get your heart pumping! TBC uses interval training to help you improve, whatever your fitness level may be.

Spin & Core— A guided workout using spin bikes though a guided terrain ; sweat without joint impact and finish with a core blaster to maximize results.

Yoga— A class focusing on basic poses, breathing and proper form. Develop core strength and stability, improve balance and coordination, and prevent injuries in everyday living.

Zumba®— A Latin-inspired dance workout that will have you burning calories to the hottest beats and latest steps. Add small weights for toning exercises during Zumba Toning ®