

# NEIU Group Fitness Schedule January 9—April 30, 2017

## MONDAY

11:30-12:30pm	Sculpt & Core	S1	Maria
12:30-1:15pm	Zumba®	S1	Pierre
1:15-2:00pm	Zumba® Toning	S1	Pierre
2:00-3:00pm	Athletic Training	S1	Dan
4:30-5:15pm	Belly Dancing Basics	S1	Maria
6:15-7:00pm	Zumba®	S1	Solei
7:00-7:30pm	Hard Core Abs	S1	Solei

## TUESDAY

11:30-12:30pm	Zumba®	S1	Dee
12:30-1:30pm	<b>**Yoga Stretch**</b>	S1	Dee
1:30-2:30pm	Muscle Sculpt & Tone	S1	Pam
2:30-3:30pm	Cardio Mix & Core	S1	Pam
4:45-5:30pm	Tai Chi Basics	S2	Tom
5:30-6:30pm	Tai Chi	S2	Tom
6:30-7:30pm	Zumba®	S1	Jessica
7:30-8:00pm	Core & Stretch	S1	Jessica

## WEDNESDAY

11:30-12:30pm	Zumba®	S1	Maria
1:00-2:00pm	<b>**Yoga Stretch**</b>	S2	Nancy
1:30-2:30pm	Total Body Conditioning	S1	Martha
5:30-6:30pm	Muscle Sculpt & Core	S1	Bryan
6:30-7:30pm	Total Body Conditioning	S1	Bryan
5:45-7:00pm	<b>**Yoga**</b>	S2	Tom

## THURSDAY

11:30-12:30pm	Total Body Conditioning	S2	Martha
12:35-1:30pm	<b>**Yoga Stretch**</b>	S2	Nancy
1:35-2:30pm	Zumba®	S1	Dee
2:30-3:00pm	Sculpt & Core	S1	Solei
4:30-5:15pm	Core & Sculpt	S1	Byan
5:15-6:15pm	Cycle & Stretch	S1	Bryan

## FRIDAY

11:15-12:00pm	Cardio Mix & Core	S1	Jessica
12:30-1:15pm	Muscle Sculpt & Stretch	S1	Jessica
1:30-2:30pm	Zumba®	S1	Jessica
5:00-6:00pm	Total Body Conditioning	S2	Nipun
6:00-6:45pm	Cycle & Stretch	S2	Nipun

## SATURDAY

12:00-12:30	Hard Core Abs & Stretch	S1	Bryan
12:30-1:15pm	Cardio Mix	S1	Bryan
1:30-2:15pm	Total Body Conditioning	S2	Bryan
2:15-3:00pm	Cycle & Core	S1	Bryan

## SUNDAY

2:15-3:00pm	Sculpt & Core	S1	Jessica
3:00-4:00pm	Zumba®	S1	Jessica
4:00-4:30pm	Stretch & Tone	S1	Jessica

### **\*\* REGISTRATION INFORMATION \*\***

All classes require registration at [www.neiu.edu/campusrec](http://www.neiu.edu/campusrec) or PE complex front desk prior to attendance. Classes are free except where noted \*\*

Current NEIU student ID and/or Campus Recreation Membership is **REQUIRED** to enter the PE Complex at ALL TIMES. Classes take place in the PE Complex and are open level.

### **\*\* YOGA INFORMATION \*\***

\*Fee and registration required for all yoga classes. \* Classes that do not meet the 8 registration/payment minimum will be cancelled by Saturday January 28, 2017. Registrations and payments are taken at the PE Complex front desk prior to any class. Online [www.neiu.edu/campusrec](http://www.neiu.edu/campusrec)

NEIU Student	Staff/Affiliate	Community	Non-
	Current	with membership	members
1 weekly class	\$35	\$45	\$50 \$60

Drop In Class	\$5	\$8	\$10	\$12
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**\*\*Non-members must pay \$15 daily fee to access facility\*\***  
**\*\*50% OFF starting 3/6/17 not applicable to drop-in sessions.**

Descriptions are available on the campus recreation website. Classes may be cancelled due to low attendance/registration please check postings in PE complex or front desk.

### Legend

S1&S2 Studios are located at the end of the racquetball courts. Come in exercise clothing, clean sole gym shoes and bring water. If coming in late please 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.

[www.neiu.edu/campusrec](http://www.neiu.edu/campusrec) 773.442.4131