

NEIU Group Fitness Schedule January 7– May 4 2019

MONDAY

12:15-1:00pm	Sculpt & Core	S1	Sandy
1:00–2:00pm	Yoga Foundations	S1	Sandy
5:00–5:45pm	Total Body Conditioning	S1	Lucy
5:45–6:30pm	Cardio Mix	S1	Lucy

TUESDAY

12:00-1:00pm	Cardio Belly Dancing	S1	Fabio
1:00-2:00pm	Zumba®	S1	Fabio
2:00-3:00pm	Sculpt & Core	S1	Pam
5:00–5:45pm	Sculpt & Core	S1	Lucy
5:45-6:30pm	Cardio Mix & Stretch	S1	Lucy

WEDNESDAY

12:15-1:00pm	Sculpt & Stretch	S1	Sandy
1:00-2:00pm	Pilates	S1	Sandy
2:15-3:15pm	Yoga	S2	Nancy
4:00-5:00pm	Tai Chi	S1	Tom
5:00–5:45pm	Total Body Conditioning	S1	Bryan
5:45-6:30pm	Hard Core Abs & Stretch	S1	Bryan

THURSDAY

12:15-1:00pm	Sculpt & Tone	S1	Crystal
1:00-2:00pm	HITT & Core	S1	Crystal
2:00-2:45pm	Zumba	S1	Dee
5:00–5:45pm	Stability Ball & BOSU	S1	Michael
5:45-6:30pm	Cardio Mix & Stretch	S1	Michael

FRIDAY

11:15-12:00pm	Hard Core Abs & Stretch	S1	Mishra
12:00-12:55pm	Pound	S1	Mishra
12:15-1:30	Yoga	S2	Nancy
4:30-5:15pm	Total Body Conditioning	S1	Bryan
5:15-6:15pm	Cardio Mix & Core	S1	Bryan

SATURDAY

10:30-11:30am	Yoga	S2	Dee
11:30-12:30pm	Total Body Conditioning	S1	Bryan
12:30-1:30pm	Cycle & Core	S2	Bryan
2:30-3:15pm	Sculpt & Stretch	S2	Bryan

*** Strength Training Sessions ***

Learn the foundations of strength training over 8 week session. A small class set up with our personal trainers to learn proper form, and technique, along with different protocols to maximize results..

All levels welcome register at Online www.neiu.edu/campusrec

January 28–March 30,

	NEIU Student Current	Faculty/Staff membership required	Community \$85
1 weekly class	\$60	\$75	

Classes meet in the fitness center. Max 6 people per class

Monday	2:00-3:00pm	Bryan
Tuesday	2:00-3:00pm	TBA
Wednesday	2:00-3:00pm	Bryan
Thursday	2:00-3:00pm	Michael
Friday	4:00-5:00pm	Lucy
Saturday	10:00-11:00am	Bryan

Classes take place in the Physical Education Complex.

Current NEIU student ID and/or Campus Recreation Membership is REQUIRED to enter at ALL TIMES.

Descriptions are available on the campus recreation website.

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 joining late please check with instructor to join the class. If leaving early position yourself towards the back and make sure to cool down and stretch on your own.

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

www.neiu.edu/campusrec 773.442.4135

