

# NEIU Group Fitness Schedule January 8th—May 6, 2018

## MONDAY

12:15-1:00pm	Sculpt & Core	S1	Sandy
1:00—2:00pm	<i>*Yoga Foundations*</i>	S1	Sandy
5:00pm—6:00pm	Sculpt & Core	S1	Jen
5:45pm-7:00pm	<i>*Yoga*</i>	S2	Nancy
6:00-7:00pm	Cardio Mix & Stretch	S1	Jen

## 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
2:00—3:15pm	Martial Arts Introduction	S2	Alvin
5:15pm—6:15pm	Sculpt & Core	S1	Bryan
6:15-7:00pm	Cardio Mix	S1	Bryan

## WEDNESDAY

12:15-1:00pm	Sculpt & Stretch	S1	Sandy
1:00-2:00 pm	Pilates	S1	Sandy
2:00-3:00pm	<b>**Yoga**</b>	S2	Nancy
4:30-5:30	Tai Chi	S2	Tom
5:00pm—6:00pm	Sculpt & Core	S1	Nipun
5:30-6:30pm	<i>*Yoga Foundations *</i>	S2	Tom
6:00-7:00pm	Cardio Mix	S1	Nipun

## THURSDAY

12:00-12:45pm	Sculpt & Tone	S1	Crystal
12:45-1:45pm	HITT	S1	Crystal
1:45-2:15pm	Core & Stretch	S1	Crystal
2:30-3:30pm	Capoeira <i>*NEW*</i>	S1	Anderson
4:00-5:00pm	Cardio Belly Dancing <i>*NEW*</i>	S1	Fabio
5:45pm-7:00pm	<i>*Yoga*</i>	S1	Nancy
5:00-6:00pm	Zumba®	S1	Fabio

## FRIDAY

12:00-12:55pm	Pound <i>*NEW*</i>	S1	Mishra
1:00-1:50pm	Melt <i>*NEW*</i>	S1	Mishra
5:00-5:55pm	Total Body Conditioning	S1	Nipun
6:00-6:45pm	Cycle & Stretch	S2	Nipun

## SATURDAY

10:30-11:30am	<i>*Yoga*</i>	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

## SUNDAY

2:15-3:00pm	Sculpt & Tone	S1	Bryan
3:00-3:45pm	Cardio Mix	S1	Bryan
3:45-4:30pm	Core & Stretch	S1	Bryan

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

All classes require registration prior to attendance.

Register at the NEIU Campus Recreation active net site  
or  
in person before class at  
[www.neiu.edu/campusrec](http://www.neiu.edu/campusrec)

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

\*Fee and registration required for all yoga classes.\*

Classes that do not meet the 8 registration/payment minimum will be cancelled by Saturday January 27, 2018. 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 Current	Staff/Affiliate with membership	Community with membership	Non- members
1 weekly class	FREE	\$45	\$50	\$60
Drop In Class	FREE	\$8	\$10	\$12

**\*\*Non-members must pay \$15 daily fee to access facility\*\***  
**\*50% OFF starting 3/10/18 not applicable to drop-in sessions.\***

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.  
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 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.

Classes may be cancelled due to low attendance/registration please check postings in PE complex or front desk.  
Description are available at PE complex and website.

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