Cycling & Restoring Yoga

Cycling

Cycling – Experience an indoor cycling adventure with a variety of cardiovascular drills including hills, sprints, and more, all set to high energy, motivating music. Participants choose their own intensity; this class is great for all experience levels. Be sure to bring your towel and water bottle!

Dance Cardio

Cardio Dance – An upbeat, music based class that is high energy and incorporates cardio dance moves as well as strength moves! You’ll sweat, sculpt, and have a blast! No prior dance experience necessary.

Werq Hip Hop – A fiercely fun dance fitness class based on pop, rock, and hip hop music taught by certified instructors. No prior dance experience necessary.

Zumba – Latin dance inspired by cardio – your feet won’t stop moving in this class full of Latin, hip hop, and cardio dance moves. No dance experience necessary. Come to the party!

Mind/Body

Barre – Set to upbeat music, this class infuses pilates, yoga, and ballet moves to give you long, lean muscles. You will achieve a full body workout by using high repetitions with low weight or body weight all while concentrating on hips, thighs, seat and abdominals. Your mind and body will feel rejuvenated!

Hatha Yoga – This multi-level class guides participants through sequences of standing and seated postures to promote physical strength, flexibility, and peace of mind. Whether you are new to yoga or an experienced practitioner, this class creates an environment where participants explore their own bodies and physical limitations free from judgement and chatter of everyday life. Styles vary by instructor. M/W/F noon classes are open to faculty and staff only.

Pilates – Based on the traditional teachings of Joseph Pilates, this class builds long, lean muscles, strengthens the abdominals and core, improves muscles balance and posture, and increases coordination.

Power Yoga – A fitness-based Vinyasa practice linking breath with movement. This class has many of the same qualities and benefits of a traditional yoga class, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction. Styles vary by instructor.

Relax & Restore Yoga – Come unwind after a hard week with restorative yoga! This yoga class will allow you to meditate and calm your mind, preparing yourself for a new week and a new start. All levels are welcome.

Sunrise Yoga – A traditional multi-level yoga class held in the early morning hours designed to awaken the body and cultivate a calm mind. Sunrise yoga will invigorate the body, while bringing awareness to the breath and creating a peaceful center.

Yoga & Meditation – Calm the mind and body with this soothing, restorative yoga and guided mindfulness meditation. You will leave feeling nourished, well rested, and refreshed with a new cultivated awareness and clarity. No yoga or meditation experiences is needed. All levels are welcome.

Strength & Cardio

Body Sculpt – Devoted to toning and strengthening the body while you build muscle and improve mobility and flexibility. You will gain core strength, balance, and endurance while focusing on total body health and helping to reduce the development of osteoporosis while increasing metabolism.

Hiit – You will be challenged to perform exercises at the highest intensity of intervals. You will engage and activate all of your muscles while focusing on building stamina and strength. Get ready to give 100% in this class! All Hiit classes meet in the Zone.

Strength & Core – Strengthen and tone the muscles of the body, highlighting the core, through exercises that will vary each week to keep you coming back for something new. Equipment used: dumbbells, bands, medicine balls, stability balls, and more.

Women’s Strength & Core – This class is open to participants who identify as women in a way that is significant to them. Strengthen and tone the muscles of the body, highlighting the core, through exercises that will vary each week to keep you coming back for something new. Equipment used: dumbbells, bands, medicine balls, stability balls, and more.

GROUP FITNESS SCHEDULE

FALL 2018 | AUGUST 22 - DECEMBER 7 | FINALS SCHEDULE 12/8 - 12/14

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>6:10 - 6:55 AM</td>
<td>CYCLE - CONNOR</td>
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<tr>
<td>7:00 - 7:45 AM</td>
<td>SUNRISE YOGA</td>
<td>HIT ZONE - KATIE</td>
<td>SUNRISE YOGA</td>
<td>CYCLE - CONNOR*</td>
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<tr>
<td>8:00 - 8:45 AM</td>
<td>SUNRISE YOGA</td>
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<tr>
<td>12:00 - 12:45 PM</td>
<td>F/S HATHA YOGA - KAREN</td>
<td>F/S PILATES - BETH / NATALIE</td>
<td>F/S HATHA YOGA - NICOLE / MARY-MARGARET</td>
<td>F/S BODY SCULPT - BETH / NATALIE</td>
<td>F/S HATHA YOGA - MARY-MARGARET</td>
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<tr>
<td>4:00 - 4:45 PM</td>
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<td>F/S CYCLE</td>
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<tr>
<td>4:30 - 5:15 PM</td>
<td>HIT ZONE</td>
<td>CARDIO DANCE - REBECCA</td>
<td>HIT ZONE</td>
<td>YOGA &amp; MEDITATION MARY-MARGARET (CFV PARTNERED)</td>
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<tr>
<td>5:30 - 6:15 PM</td>
<td>BODY SCULPT - MEGAN H</td>
<td>POWER YOGA - KASEY</td>
<td>CYCLE - MAKAYLA</td>
<td>WOMEN’S STRENGTH &amp; CORE - SAMANTHA</td>
<td>ZUMBA - CASSIDY</td>
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<tr>
<td>6:30 - 7:15 PM</td>
<td>CYCLE - ANNA M</td>
<td>CYCLE - CONNOR</td>
<td>BARRE - VICTORIA</td>
<td></td>
<td>CYCLE - ERIN</td>
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<tr>
<td>7:30 - 8:15 PM</td>
<td>MERQ - LINDSAY</td>
<td>ZUMBA - CASSIDY</td>
<td>STRENGTH &amp; CORE - VICTORIA</td>
<td>POWER YOGA - MADISON</td>
<td>RELAX &amp; RESTORE YOGA - MEGAN F</td>
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CYCLING ▪ DANCE CARDIO ▪ MIND/BODY ▪ STRENGTH & CARDIO

*Class open to students/members and faculty and staff.

Esta página está disponible en español.

Please bring your ID to sign-in at the HRC front desk.

Must have a valid Butler ID.

F/S = class open to faculty and staff ONLY.

Please bring your ID to sign-in at the HRC front desk.

All classes meet in the HR C Wet Room unless marked ZONE.

Esta página está disponible en español.

No Classes:

Nov 17 - 25: Thanksgiving Break