GROUP FITNESS SCHEDULE
SUMMER 2019 | JULY 8 - AUGUST 16

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| 12:00 - 12:45 PM | HATHA YOGA*
Karen        | PIYO*
Jules         | HATHA YOGA*
Nicole       | BODY SCULPT*
Natalie      |                  |                 |
| 4:00 - 4:45 PM  | HATHA YOGA*
Nicole       |                  |                  |                  |                  |                 |
| 5:30 - 6:15 PM  | ROUTINE FLOW YOGA
Meghan        |                  |                  |                  |                  |                 |
| 6:30 - 7:15 PM  | CYCLE*
Julie         |                  |                  |                  |                  |                 |
| 6:30 - 7:30 PM  | CYCLE CORE
Jen           |                  |                  |                  |                  |                 |
| 7:00 - 7:45 PM  |                  |                  |                  |                  | HATHA YOGA
Kimberly      |                 |

CYCLING = DANCE CARDIO = MIND/BODY = STRENGTH & CARDIO

NO CLASS
Sunday July 28th through Saturday August 3rd for annual maintenance

All summer semester fitness classes are available to students with a valid Butler ID
*Non-member Faculty/Staff are permitted to attend the class

CYCLING
CYCLE – 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!
CYCLE CORE: An indoor cycling experience with a twist! This class contains 30 minutes of cardiovascular drills, sprints, and hills on the bike with 30 minutes of core work. As with all cycle classes, participants can choose their intensity.

MIND/BODY
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.
ROUTINE FLOW YOGA: This yoga class involves the same practice every week. Overtime, participants are able to work on proper alignment and going further or advancing into poses that may have not previously been achieved the week prior. All levels are welcome and encouraged as we improve our yoga practice together!

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.
PiYo - A total body workout combining elements from two mind-body formats: Pilates and Yoga. This combination class is designed to build strength and increase flexibility, in addition to aerobic movements that will increase heart rate and promote calorie burn.
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.