

Fitness & Wellness Presents:

Group-Ex Classes

**SUMMER SESSION 2 2008:
JULY 7TH - AUGUST 8TH**

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
YOGA 12:00-12:50PM w/ Vaughnda HPER 231	PILATES FUSION 12:00-12:50PM w/ Jeannie HPER 231	YOGA 12:00-12:50PM w/ Vaughnda HPER 231	PILATES 12:00-12:50PM w/ Vaughnda HPER 231		
KICKBOXING 12:00-1:00PM w/ Autumn Room 230	CIRCUIT TRAINING 12:00-1:00PM w/ Jessica HPER 230	KICKBOXING 12:00-1:00PM w/ Autumn HPER 230	CIRCUIT TRAINING 12:00-1:00PM w/ Jessica HPER 230	KICKBOXING 12:00-1:00PM w/ Jessica HPER 230	INTERVAL TRAINING 12:00-1:00PM w/ Natalie HPER 110
ECLECTIC YOGA 4:30-5:20PM w/ Kaitlin HPER 230			BELLY DANCING 4:30-5:20PM w/ Angie HPER 231	ECLECTIC YOGA 4:30-5:20PM w/ Kaitlin HPER 231	
BOOTCAMP 5:30-6:30PM w/ Collin HPER 230	BODY SCULPTING 5:30-6:30PM w/ Melissa HPER 230	BOOTCAMP 5:30-6:30PM w/ Collin HPER 230	TAI CHI 5:30-6:30PM w/ Angie HPER 231		
			BODY SCULPTING 5:30-6:30PM w/ Melissa HPER 230		

**FREE to all current students and
Campus Recreation Activity Card Holders.**

Campus Rec. is always looking for enthusiastic, motivated instructors.
See Dave in HPER 205 or call 554-2008 for more details.

Fitness and Wellness

<http://www.unomaha.edu/wwwocr/health/index.php>

402-554-2539

Questions? Call Dave: 554.2008



The University of Nebraska Omaha is an equal opportunity / affirmative action institution.
There are inherent risks involved in all campus recreation activities including loss of property, injury, illness and death.



CLASS DESCRIPTIONS

KICKBOX:

KICKBOXING: This is an alternative to choreographed classes. Involves challenging kickboxing combinations of punches and kicks to get a full body workout. Gloves, pads, and kicking shields are utilized throughout the class. All levels welcome.

CARDIOVASCULAR:

BOOTCAMP: Come prepared for anything! this is a challenging class for men and women of all fitness levels. Come burn calories and increase your stamina with this **INTENSE WORKOUT**. All levels welcome.

MUSCLE CONDITIONING:

BODY SCULPTING: Athletic based workout utilizing weights to work every muscle group. Build lean muscle and increase muscular strength and endurance. All levels welcome.

50/50:

INTERVAL TRAINING: Combines weights and cardio in spurts to keep the heart rate up while still building muscle. Also, varying activity keeps things fun and interesting while keeping the body guessing! All levels welcome.

CIRCUIT TRAINING: The perfect blend of cardio and resistance training. Come ready for an intense workout that will keep your heart rate up! All levels welcome.

YOGA AND PILATES:

ECLECTIC YOGA: This is a wonderful class to get a taste of the different types of Yoga. Even if you are a first-timer, come and feel the benefits of getting in tune with your body and finding your breath! Love, live, breathe! All levels welcome.

PILATES: Learn about core strength (abs and back). Pilates helps lengthen and strengthen muscles, improve the quality of movement, get a great workout while having fun! Also, you'll discover how to: develop core postural techniques, stabilize the spine, utilize good body mechanics, and enjoy some mental relaxation.

PILATES FUSION: If you are looking to take your current pilates level up a notch this class is for you. We will be using resistance equipment like hand weights, body bars, pilates circles, and band. All levels welcome. **PLEASE BRING A TOWEL TO CLASS.**

MISC.

BELLY DANCE: Engage your body, calm your mind and free your spirit with this ancient dance form. A fun way to get fit! No experience needed. All levels welcome.

TAI CHI: Enjoy slow motion, meditative movement that balances the mind and body. You may join at anytime. All levels welcome.

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