

Cru-FIT
Group
Exercise
Class
Schedule

Campus REC

Fitness/Wellness

R U
CRU FIT?

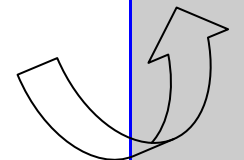
Spring 2008

Phone: 295-5529
 All Classes are
 FREE to UMHB
 students,
 faculty & staff.

Cru-FIT classes are
 held in the Aerobic
 Room behind the
 fitness center front
 desk, with the ex-
 ception of Cycle-
 FIT, which takes
 place in the loft
 area of the Rec
 Gym.

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
12:05 Body Sculpt	12:05 Power-Ball Workout <small>(Stability Ball)</small>	12:05 Body Sculpt	12:05 Power-Ball Workout <small>(Stability Ball)</small>	12:05 Body Sculpt	
3:30 p.m. Cru-CRUNCH	3:30 p.m. Cru-CRUNCH		3:30 p.m. Cru-CRUNCH		
4:00 p.m. Power Pilates	4:00 p.m. Power Pilates		4:00 p.m. Power Pilates		
5:00 p.m. CardioKICK Boxing	5:00 p.m. CardioSTEP	5:00 p.m. CardioKICK Boxing	5:00 p.m. CardioSTEP		
6:00 p.m. Cru-CRUNCH		6:00 p.m. Cru-CRUNCH			

See Reverse
Side for Class
Descriptions



UMHB CRU-FIT GROUP EXERCISE CLASS DESCRIPTIONS

CRU CRUNCH: ALL ABS WELCOME!

This class lasts 20 to 25 minutes and is filled with a variety of traditional and non-traditional exercises to target all muscles having to do with your core, including your abs, obliques and the muscles of your back. Your instructor will use motivating music to keep things fun, and you will be finished before you know it. Whether you're trying to get rid of that spare tire, or striving for the ultimate 6 Pack, this class will get you on your way!

CARDIO-STEP This 50 to 60 minute class combines the cardio-respiratory workout of STEP aerobics with muscular strength and endurance intervals. Your instructor will use a variety of different methods, including, Step Training, Bosu Ball Intervals, and Muscle Isolation to get you results fast! This is a great class to burn calories, build muscle, and increase endurance..

Cardio KickBoxing This 60 minute class combines kickboxing with high energy sport moves and music to give you non-stop calorie burning and muscle toning. This class will make you sweat and get you into shape. If you like to sweat, want energizing music and a FUN, challenging workout, this class is for you.

Power Pilates: This 45-60 minute class is an amazingly powerful combination of Pilates and Yoga! You get the best of both worlds. This class will tone every muscles in your body and increase your flexibility. Using stability and BOSU balls, and various other pieces of equipment, the instructor will take you through an incredible workout that will challenge you and keep you coming back for more.

Body Sculpt: This 45 minute class is great for over-all toning and defining. During this class your instructor will have you using dumbbells, stability balls, bar bells, resistance bands and more to target every major muscle group in your body, as well as some of the smaller ones too! If you want to increase your metabolism and create more of that "sculpted" look, this class is a great choice.

Power-Ball Workout This 45 minute class combines the best of Power Pilates and Body Sculpt classes to bring you an over-all body tone-up, in addition to muscle definition and conditioning. Using Stability and BOSU balls, and various other pieces of equipment, the instructor will take you through a rockin' workout that will keep you coming back for more.

Cycle-FIT: A high intensity workout on our spinner bikes located in the "Loft" of the Rec Gym. Your instructor will take you through the paces with energizing music and motivation. Your work-out will consist of a series of intervals, using aerobic and an-aerobic energy systems, resulting in mega calories burned and plenty of sweat. Bring your water bottle!

BROUGHT TO YOU BY UMHB CAMPUS RECREATION