




Red Mountain Lifetime Fitness Group Activity Schedule

Spring 2012 Schedule

Mo	Tu	We	Th	Fr	Sa
					8:00 – 9:40am* Yoga <i>R. Wright</i>
	9:00 – 9:50am Boot Camp <i>P. Barker</i>		9:00 – 9:50am Boot Camp <i>P. Barker</i>		
10:00 – 10:50am Body Sculpt <i>A. Omar</i>		10:00 – 10:50am Body Sculpt <i>A. Omar</i>			
	10:30 – 11:20am Yoga <i>D. Strong</i>		10:30 – 11:20am Yoga <i>D. Strong</i>		
11:00 – 11:50am Physical Conditioning <i>A. Omar</i>		11:00 – 11:50am Physical Conditioning <i>A. Omar</i>			
12:00 – 12:50pm Yoga <i>J. Fronk</i>	12:00 – 12:50pm Pilates Matwork <i>J. Boone</i>	12:00 – 12:50pm Yoga <i>J. Fronk</i>	12:00 – 12:50pm Pilates Matwork <i>J. Boone</i>	12:00 – 12:50pm Pilates Matwork <i>G. Hoffman</i>	
1:00 – 1:50pm Zumba (RAP Center) <i>STAFF</i>		1:00 – 1:50pm Zumba (RAP Center) <i>STAFF</i>			
5:30 – 6:20pm Pilates Matwork <i>G. Hoffman</i>	5:30 – 6:20pm Zumba <i>M. Rovinsky</i>	5:30 – 6:20pm Pilates Matwork <i>G. Hoffman</i>	5:30 – 6:20pm Zumba <i>M. Rovinsky</i>		
		6:30 – 8:10pm* Yoga <i>S. Jarvie</i>	6:30 – 8:10pm* Restorative Yoga <i>R. Rosenthal</i>		

*Denotes 100-minute classes.

See reverse side for class descriptions.

Schedule subject to change.

Spring 2012 REGISTRATION-2 Credit:

Semester begins 1/14/12

Letter Grade

PED115

29151 or 29153**

Pass/No Credit

PED115

29152 or 29154**

****Late start 8-week Lifetime Fitness sections begins March 17, 2011.**

All new PED115 students please call 480-654-7726 to schedule an orientation before your first workout.



CLASS DESCRIPTIONS:

BODY SCULPTING: This class will incorporate the use of hand weights, resistance bands and floor exercises in controlled movements to develop muscle endurance and strength. The focus is on toning and defining the body.



BOOT CAMP: Condition your body through cardio, endurance, speed, and resistance work that is energizing, fun and a perfect way to get into shape.

PHYSICAL CONDITIONING: A total body training class designed to improve overall physical strength and performance. Various activities will be performed to improve cardiovascular output, core strength and muscular endurance.

PILATES MATWORK: A core fitness class incorporating back and abdominal muscles applying matwork by Joseph Pilates.



RESTORATIVE YOGA: Restorative yoga allows you to linger in stillness using props to support the body. This class is a wonderful addition to an active life; relieves fatigue and stress, promotes well-being and brings balance back to your life.

YOGA: Traditional Hatha yoga postures and movement flows designed to stimulate, calm and energize, build stamina, increase concentration, stretch the body and soothe the mind. Breathing, relaxation, and visualization techniques are included.



ZUMBA: This class merges the energy of Latin dancing (Salsa, Merengue, Cumbia, Reggaeton) and the principles of fitness-interval-resistance training. Get ready to Zumba!

Last day to workout for credit is Saturday, May 5, 2012.

Regular class schedule during the week of finals for no credit -- May 7 – 10, 2012.