

**Pilates Strength:** Pilates to the max! Take an already amazing Pilates class and add small hand weights to take your workout to the next level! This class will help strengthen and tone your entire body.

**Claudiumba:** Anyone who has taken this class knows that, with Claudia's extraordinary skill with teaching Latin-based aerobic classes, she needed her own signature name for the workout! Claudia grew up in Peru and has been dancing since she was 2. In "Claudiumba," Latin dance rhythms will pulse through the speakers, inspiring you to move with the beat. Claudia will mix moves derived from cumbia, salsa, samba, and meringue. Expect to leave this class with sweat, success, and a smile.

**TRX Suspension Training:** Suspension Training is a workout that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer™, a highly portable performance training tool that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal. This class is limited to 10 participants, so be sure to arrive early. First come, first serve.

**Insanity Fusion:** An advanced cardio bootcamp, consisting of High Intensity Interval Training and Tabata.

**Barbell Strength:** A barbell class that helps strengthen, tone and transform your entire body. This class uses high repetitions and low weights to build endurance and strength. An A+ workout!

**Kicklates:** Burn calories and strengthen your entire body with this high energy mix of kickboxing and Pilates!

**Power Yoga I & II:** (I) A great class for those looking to develop their practice and improved their strength, flexibility and balance. (II) Take your practice to the next level with this class focusing on muscular endurance and strength, while learning more advanced techniques.

### Claudiumba

Master's Zumba Class, taught by Claudia  
1st Wednesday of each month  
from 5:00 - 6:30 pm on the basketball court  
**FREE** to everyone!



## PRICES

- \$70** Unlimited Group Exercise Pass
- \$50** Unlimited Faculty/Staff Group Exercise Pass
- \$4** Single Class Pass
- \$45** Unlimited Water Fitness Pass\*
- \$3** Single Water Fitness Class

**Purchase your 2012 Spring Exercise Pass at the main desk of the Dedman Center**

**ALL PASSES ARE GOOD FOR THE ENTIRE SEMESTER**

\*The Unlimited Group Exercise Pass does not include Water Fitness

**All Group Exercise Classes are FREE**  
**January 16 - January 29**

*For more information or a full description of all our classes, visit:*

<http://smu.edu/recsports/groupx>

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SOUTHERN METHODIST UNIVERSITY

# GROUP X

## SPRING FITNESS SCHEDULE



January 16 - May 4



Check us out on Facebook - search Southern Methodist University Fitness

# SOUTHERN METHODIST UNIVERSITY

## Campus Recreation - 2012 Spring Group Exercise Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:15 am	Body Chisel (6:30-7:30) (WP) Robin	CycleFit John	Body Chisel (6:30-7:30) (WP) TBD	CycleFit Sarah B.			
7:00 - 8:00 am	Vinyasa Flow Allison	Water Fitness (7:00-7:45) Aquatics Instructor	Vinyasa Flow Emily	Water Fitness (7:00-7:45) Aquatics Instructor			
8:00 - 9:00 am						CycleFit John	
9:00 - 10:00 am						BootCamp Alexa	
10:00 - 11:00 am						Power Yoga I Barbara K.	
12:15 - 1:00 pm						Power Yoga II Barb T.	
	Total Body Chisel Kelly	Cardio Body Chisel Michelle	Cardio Kickboxing (WP) Kate	Heavy Bag Combat Kim	Zumba (WP) Luz		
	CycleFit Express (WP) Cindy	Gravity Strength Gina		Gravity Strength Kelly			
	Water Fitness (12:00 - 12:50 pm) Aquatics Instructor		Water Fitness (12:00 - 12:50 pm) Aquatics Instructor		Water Fitness (12:00 - 12:50 pm) Aquatics Instructor		
	Power Yoga (WP) Bryan (12:05 - 12:55)		Power Yoga (WP) Bryan (12:05 - 12:55)		Power Yoga (WP) Bryan (12:05 - 12:55)		
3:30 - 4:00 pm	Core to the Max Ariel		Core to the Max Ariel		Core to the Max Kelly		
4:00 - 5:00 pm	Step (4:15 - 5:15) Ariel	Power Yoga Katherine	Cardio Kickboxing (4:15 - 5:15) Ariel	Power Yoga Barb T.	Ballet Floor Barre Tina		Power Yoga Gabriela
5:30 - 6:15 pm	Water Fitness Aquatics Instructor	Water Fitness Aquatics Instructor	Water Fitness Aquatics Instructor	Water Fitness Aquatics Instructor			CycleFit Lauren
5:30 - 6:25 pm	Pilates Mat Beth	Zumba Luz	Pilates Strength (WP) Beth	Zumba Sarah			
	TRX Nancy	Heavy Bag Combat Madelyn	TRX Savannah	Heavy Bag Combat Emily			
	Gravity Strength (WP) Derek	CycleFit (5:00 - 6:00) Grace Ann	CycleFit Becca	CycleFit Kim			Barbell Strength Alex
6:30 - 7:25 pm	Power Yoga Bill	Instaninity Fusion Alex	Extreme Boot Camp Heather	Extreme Body Chisel Alex			Heavy Bag Combat Gabby
	Total Body Chisel Stephanie	Power Yoga Robin	FREE Fitness Club Workout	Gravity Strength (WP) Derek			
			Power Yoga Allison	Kicklates (6:45 - 7:30 pm) Robin			
7:30 - 8:25 pm	TRX BootCamp Elyse & Whitney		Cardio. Kickboxing Marisol	Belly Dancing Lessons Lindsay			

\*Well Power Classes (WP): Free for faculty/staff only

Class Location    **Studio 1**    **Studio 2**    **Studio 3**  
**Basement Studio**    **Pool**    **Basketball Court**

Do you want a **FREE** but fun workout? Grab your friends and let the Mustang Fitness Club help get you fit! Every Thursday at 6:30 pm in the basement studio.

Are you interested in becoming a group exercise instructor at SMU? 6-week Instructor-In-Training Course on Monday and Wednesday from 3:30-5:30pm. Only \$75