


**UNIVERSITY FITNESS CLUB FALL GROUP FITNESS SCHEDULE 410-677-6715**

MON	TUE	WED	THU	FRI	SAT	SUN
<p>3:30 pm</p> <p>Rhythm Cycle 40 Julia</p> <hr/> <p>4:15pm Pilates fusion 30 Angie</p>	<p>7:15am Group Power 30 Angie</p>	<p>7:15am Rhythm Cycle 45 Angie</p>	<p>10:15am Rhythm Cycle</p> <p>Begins Sept 7</p>	<p>3:00 pm Cycle Sculpt 45 Angie</p>		
<p>5:00pm</p>  <p>Stacey</p>	<p>5:00pm</p> <p>Rhythm Cycle 45 Angie</p>	<p>5:00pm</p>  <p>Stacey</p>	<p>4:45pm</p>  <p>Angie</p>	 <p>Register for a spot online at: <a href="http://webapps.salisbury.edu/fitness">webapps.salisbury.edu/fitness</a></p> 		
			<p>5:30pm</p> <p>Interval Cycle 30 Angie</p>			
	<p>6:00pm</p> <p>Vinyasa YOGA Jill</p>	<p>6:00pm</p> <p>Cycle Sculpt Julia</p>	<p>6:00pm</p> <p>Vinyasa YOGA Jill</p>			
		<p>7:00pm</p> <p><b>Dance Fitness</b></p> <p>Hannah</p> <p>Begins SEPTEMBER 4</p>				

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Group Power is a one-hour, cutting-edge strength training workout designed to get you **MUSCLE STRONG AND MOVEMENT STRONG**. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.

**GROUP POWER 30:** A 30 minute version of Group Power.



Mossas Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

### **DANCE FITNESS:**

A heart pumping, beast mode, girl power workout that will leave you dripping in sweat, strength and swag! Get ready to dance, dance, dance!

### **Rhythm CYCLE 45 or 40 (minutes)**

This class is 45 minutes of heart raising, indoor cycling fun. A rhythm- based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

### **Interval Cycle 30**

Get a quick heart-thumping cardio class with 30 minutes of traditional cycling including sprints, jumps and hills.

### **Cycle Sculpt 45 (minutes)**

This class is a rhythm-based cycle class that adds 2-3 lb weights throughout the class for upper body light weight/high repetition work.

**Pilates Fusion:** This workout includes a series of classical pilates and pilates inspired exercises that are great for toning and creating lean muscle while strengthening the core. This is low impact, no jumping workout with no equipment other than a yoga mat. Get ready to sweat and tone!

**Pilates:** This 30 minute pilates class features more of the classic mat exercises from Joseph Pilates. Work on lengthening, strengthening and controlling movement using the deep core muscles.

**VINYASA YOGA:** Link yoga poses together with the breath in a flowing sequence.