# FALL GROUP EXERCISE SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Cycle + Core 6:30-7:20 AM (II) Vivian</td>
<td>Build It Up! Strength 12:00-12:45 PM (II) Yifat</td>
<td>Yoga Flow 12:00-12:45 PM (I) Hannah D</td>
<td>Cycle + Core 6:30-7:20 AM (I) Jeff</td>
<td>Build It Up! Strength 6:30-7:20 AM (II) Yifat</td>
<td>Cycle Sculpt 10:00-10:45 AM (II) Aldo</td>
<td>Fight Fit 10:00-11:00 AM (I) Marieclare</td>
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<td>PiYo 4:30-5:20 PM (I) Marieclare</td>
<td>Cycle Sculpt 4:30-5:20 PM (II) Aldo</td>
<td>Cardio Burn 4:30-5:20 PM (II) Aldo</td>
<td>Cycle Sculpt 4:30-5:20 PM (II) Aldo</td>
<td>Strength HIIT 12:00-12:45 PM (II) Alfredo</td>
<td>Boxing Boot Camp 11:00-12:00 PM (I) Marieclare</td>
<td>Triple Attack 11:00-11:45 AM (II) Aldo</td>
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<tr>
<td>Ab Lab 5:30-5:50 PM (I) Vivian</td>
<td>Ab Lab 5:30-5:50 PM (I) Amanda/Paulina</td>
<td>Ab Lab 5:30-5:50 PM (I) Vivian</td>
<td>Ab Lab 5:30-5:50 PM (I) Tori</td>
<td>Ab Lab 5:30-5:50 PM (I) Samantha</td>
<td>Boxing Boot Camp 11:00-12:00 PM (I) Marieclare</td>
<td>Triple Attack 11:00-11:45 AM (II) Aldo</td>
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<tr>
<td>Brazilian Booty 6:00-6:50 PM (I) Vivian</td>
<td>Boot Camp 6:00-6:30 PM (I) Mike</td>
<td>TRX Strength 6:00-6:50 PM (II) Vivian</td>
<td>Yoga Flow 6:00-6:50 PM (I) Joelle</td>
<td>Yoga Flow 6:00-6:50 PM (I) Claire</td>
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<td>Boot Camp 6:00-6:45 PM (II) Alfredo</td>
<td>Hip Hop Pop Cardio 7:00-7:50 PM (I) Fayad</td>
<td>Zumba 7:00-7:50 PM (I) Fayad</td>
<td>Boot Camp 6:00-6:45 PM (II) Alfredo</td>
<td>Yoga Flow 6:00-6:50 PM (I) Claire</td>
<td>Yoga Flow 8:00-9:00 PM (I) Hummingbird</td>
<td>Yoga Flow 8:00-9:00 PM (I) Anna</td>
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<td>Zumba 7:00-7:50 PM (I) Fayad</td>
<td>Strength HIIT 7:00-7:45 PM (II) Michael</td>
<td>Strength &amp; Burn 7:00-7:50 PM (II) Alfredo</td>
<td>Yoga Flow 6:00-6:50 PM (I) Claire</td>
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<td>Yoga Flow 8:15-9:15 PM (I) Claire</td>
<td>Yoga Flow 8:00-9:00 PM (I) Hummingbird</td>
<td>Yoga Flow 8:15-9:15 PM (I) Regiane</td>
<td>Yoga Flow 6:00-6:50 PM (I) Claire</td>
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Build It Up! Strength
Transform your body with targeted movements that are stacked together for an intense, challenging workout.

PiYo
PiYo combines the sculpting and core firming benefits of Pilates with the strength and flexibility of yoga. By increasing the speed you will burn calories and develop a lean body.

Brazilian Booty
Be ready for a fun filled class that incorporates both dance and strength movements that you will have a blast doing!

Boot Camp
This total body toning class will include a combination of plyometrics, sport specific training drills and functional strength exercises to maximize results.

Zumba
Easy to follow dance fitness class that is fun, energetic and leaves your body feeling amazing. Fuses Latin, international and popular music to create a dynamic and effective workout.

Ab Lab
Strengthen your core strength, balance and posture with intense abdominal and low back exercises.

Yoga Flow
A dynamic, physically and spiritually energizing form of yoga that sculptures and stretches every muscle in the body. Linking one movement into the next in mindful manner.

Cycle + Core
Come in for a cardio workout and leave with sweat on your face and your core feeling strong.

Cycle Sculpt
Looking to get leaner, stronger and get that cardio in? Intervals of cycling followed by intense full body strength exercises will leave you feeling sculpted.

Strength HIIT
Take sculpting to the next level. This class will incorporate heavy weight training at a high intensity.

Hip Hop Pop Cardio
Learn fun dance moves to hip hop and pop music. Move and groove to the beat while burning calories.

Circuit Challenge
Push your limits in this personal circuit station class. Timed sets and carefully programmed exercises leave you drenched and empowered.

Cardio Burn
Build endurance in an intense workout. Continuous movement to the music keeps your heart pounding and sheds those calories.

Strength & Burn
No jumping necessary in this low impact yet high intensity class. This workout will burn out your muscles to build them stronger.

Boxing Boot Camp
Real boxing drills, techniques, and conditioning can be found in this class. Boxing blasts calories while sculpting your upper body and core.

Fight Fit
Incorporates boxing, Muay Thai Boxing and MMA techniques into a practical form of self-defense and calorie burning workout.

TRX Strength
TRX helps build power, strength, flexibility, balance, mobility and more all using your body weight. It’s a revolutionary way to increase muscle without lifting weights.

Triple Attack
What do you get when you combine cycling + cardio drills + core exercises? A triple attack!

*LIMIT OF 25 PER CLASS

Schedule subject to change due to University holidays and breaks
Fall Schedule: Monday, August 27th-Friday, December 7th / abbreviated finals week schedule December 11th-15th (For further info visit: www.lmu.edu/fitwell)
Class are offered on a first come first serve basis / Classes and instructors are subject to last minute changes