

Group Exercise Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	6:15a-7:15a <b>Cycle</b> Robin, Cycle Studio	8:30a-9:30a <b>20/20/20</b> Meghan, Studio A	6:15a-7:15a <b>Cycle</b> Robin, Cycle Studio	8:30a-9:30a <b>20/20/20</b> Meghan, Studio A	6:15a-7:15a <b>Cycle</b> Robin, Cycle Studio	9:15a-10:15a <b>CROSSFIT</b> Axl, MTZ
	10:30a-11:00a <b>Kickboxing and HIIT</b> Meghan, Studio A					
<b>Afternoon</b>	12:00p-1:00p <b>Step &amp; Sculpt</b> Meghan, Studio A	12:00p-12:45p <b>Faculty and Staff Total Body Tone</b> Tamara, Studio A	12:00p-12:45p <b>Faculty and Staff Total Body Tone</b> Melissa, Studio B	12:00p-12:45p <b>Faculty and Staff Total Body Tone</b> Meghan, Studio A	12:00p-12:50p <b>Aqua Aerobics</b> Sheina, SRC Pool	
	12:15p-1:15p <b>Cycle</b> Melissa, Cycle Studio	12:30p-1:15p <b>Core Yoga</b> Kryisia, Studio C	12:15p-1:15p <b>Cycle</b> Meghan, Cycle Studio	12:30p-1:15p <b>Core Yoga</b> Kryisia, Studio C	12:00p-1:00p <b>Pilates</b> Shanon, Studio C	
	12:15p-1:15p <b>Yoga</b> Jennifer L, Studio C	12:45p-1:15p <b>Ab Attack</b> Tamara, Studio A	12:15p-1:15p <b>ZUMBA</b> Sheina, Studio A	12:45p-1:15p <b>Ab Attack</b> Meghan, Studio A	12:15p-1:15p <b>Cycle</b> Tamara, Cycle Studio	
<b>Evening</b>	4:00p-5:00p <b>CROSSFIT ON RAMP</b> Axl, MTZ	5:00p-6:00p <b>Pilates</b> Jan, Studio C	4:00p-5:00p <b>Cycle</b> Melissa, Cycle Studio	5:15p-6:00p <b>HITT 45</b> Terrence, Studio B	4:00p-5:00p <b>CROSSFIT ON RAMP</b> Axl, MTZ	
	5:15p-6:15p <b>CROSSFIT</b> Axl, MTZ	5:15p-6:00p <b>HITT 45</b> Terrence, Studio B	4:30p-5:30p <b>TurboKick</b> Ashleigh, Studio A	5:15p-6:15p <b>Persian Aerobics</b> Reza, Studio C	5:15p-6:15p <b>CROSSFIT</b> Axl, MTZ	
	5:15p-6:15p <b>Tabata Bootcamp</b> Sheina, Studio A	5:15p-6:15p <b>Cycle</b> Shanon, Cycle Studio		5:15p-6:15p <b>Power Hour</b> Robin, Studio A	4:00p-5:00p <b>TurboKick</b> Ashleigh, Studio A	
	5:15p-6:15p <b>Yoga</b> Sara, Studio C	5:30p-6:30p <b>MixedFit</b> Tracie, Studio A	5:30p-6:30p <b>MixedFit</b> Sheina, Studio A	5:15p-6:15p <b>Cycle</b> Shanon, Cycle Studio		
	6:30p-7:30p <b>Cycle</b> Sheina, Cycle Studio	6:30p-7:30p <b>Yoga</b> Shanon, Studio C	5:30p-6:30p <b>Yoga</b> Sara, Studio C	6:30p-7:30p <b>ZUMBA</b> Briana-Allyn, Studio A	5:15p-6:15p <b>Yoga</b> Emma, Studio C	
	6:30p-7:30p <b>ZUMBA</b> Briana-Allyn, Studio A	7:00p-8:00p <b>Power Hour</b> Andrea Cr, Studio A	7:00p-8:00p <b>Cize</b> Halie, Studio A	6:30p-7:30p <b>Yoga</b> Shanon, Studio C		

**NEED MORE INFORMATION:** Contact Tamara Morgan, Assistant Director of Fitness & Wellness at [tmorgan@odu.edu](mailto:tmorgan@odu.edu) or Meghan Flanagan, GA of Group Exercise & Instructional Programming at [m1flanag@odu.edu](mailto:m1flanag@odu.edu) .

\*\*\* There will not be any Group Exercise Classes on Monday, Jan 16<sup>th</sup> for Martin Luther King Jr Holiday \*\*\*

\*\* There will be a modified Group Exercise schedule during Spring Break (March 6<sup>th</sup> -12<sup>th</sup> )

**AB ATTACK:** If you're looking for a quick and challenging workout to test your core strength this is the class for you. Instructors will guide you through an abdominal strength and conditioning class using a variety of methods and tools to challenge all fitness levels.

**BARRE SCULPT:** Utilizing body weight, hand weights, bands, mats and other equipment, instructors will incorporate techniques from yoga, Pilates and traditional ballet to provide you with a fun and challenging workout.

**CIZE:** CIZE™ is a revolutionary new dance workout! Created by Shaun T (the creator of Insanity®) and a team of professional choreographers, CIZE™ will have your bustin' out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout!

**CYCLE:** This 60 minutes cycle class offers a high-cardiovascular workout on a bike. This class is for participants who have taken a cycle class before and want more of a cardiovascular challenge.

**CROSSFIT:** Constantly varied, high intensity, functional movement workouts that are scaled to anybody, age, and level of fitness. Everyone is welcome! All Crossfit classes are located in the Student Recreation Center Monarch Training Zone.

**CROSSFIT ON RAMP:** This class will review foundational movements of CrossFit plus other movements frequently used during WOD's. All Crossfit classes are located in the Student Recreation Center Monarch Training Zone.

**EMPLOYEE FITNESS CLASSES:** These class formats are reserved for ODU Faculty and Staff only. **You must provide your Faculty/Staff ID when you sign in.**

**TOTAL BODY TONE:** *Join us for a class that will build strength in your entire body. We'll use circuits as well as group formats to encourage you to go a little further and feel stronger with each class. All equipment is fair game in this class - steps, bars, dumbbells and BOSUs to name a few! All fitness levels welcome.*

**HITT 45:** This 45-minute high intensity interval training class utilizes calisthenics, bodyweight resistance exercises, and light to moderate weight exercises to kick that heart rate into overdrive and burn calories long after the workout is done!

**Kickboxing and HIT:** This 30 minute fast paced class is designed to challenge your cardio endurance. Kickboxing combos meet 8 rounds of 20 seconds on and 10 seconds of rest exercises.

**PERSIAN AEROBICS:** This dance class is set to cultural music and

guaranteed to make you sweat while you have the best time!

**PILATES:** This is a core conditioning class aiming to increase flexibility, improve posture and balance by strengthening the abdominal and low back area.

**PiYo:** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**POWER HOUR:** Cardio and strength training wrapped into one 60 minute challenge! This class focuses on muscular strength, endurance and plyometric conditioning for a COMPLETE FULL BODY workout.

**MIXEDFIT®:** MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.


**STEP & SCULPT:** This 60 minute utilizing adjustable steps and choreography will engage your body both in cardiovascular fitness and strength exercises.

**20/20/20:** Three workouts in one! The 20/20/20 class is designed to give you the ultimate workout with 20 minutes of cardio, 20 minutes of strength, 20 minutes of stretching and core work to hit all major aspects of a good workout.

**TABATA Bootcamp:** This high intensity class will get your whole body moving! Tabata utilizes the 20 seconds of high intensity work, followed by 10 second rest for 8 rounds method, to get all muscle groups involved and provide a great workout.

**TurboKick:** Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes!

**YOGA:** This full body workout consists of conscious breath, posture and relaxation techniques to enhance mental awareness, muscular strength and flexibility; ideal for all fitness levels.

 This is a 45-60 minute class of Latin-inspired red-hot music and dance that will get the party started.