



UPEI Fitness Class Schedule

UPEI Fitness Class Descriptions

Learn more about your favorite classes:

Bosu, Cardio & Core:

This class will challenge cardiovascular AND core endurance. The first half of class involves power-packed cardio exercises and drills on the BOSU focusing on multi-dimensional movements for muscular strength and cardio endurance. The 2nd half of class involves training the abdominals and back using the BOSU. Please bring your sneakers and a water bottle!

“Big Bang” Training:

This is your full-enchilada class, having a little of this and a little of that -- a perfect mix for the weekend! This class has the ideal combination of functional strength movement (focusing on good movement and not only muscle appearance!), fun-filled heart-pumping drills, and calming relaxation exercises as the finishing finale. Enjoy a balanced class philosophy where working-out and working-in exercises are incorporated. Get a lot done in a short amount of time; train, don't drain.

Core Fusion:

The search for a strong, firm mid section continues! Let's fight this battle together! You will be led through an exciting resistance workout made especially to tighten the areas in the abdominal, back and glutes.

Dance with GLEE:

Do you wish you could learn some of the Glee numbers that made you jump off the couch and wish you were in the club? Here's your chance to dance your teen angst away! Join this class if you wish to escape work, have fun, learn easy-to-follow aerobic dance moves and melt calories.

Drums Alive:

Enter a new dimension of fitness -- drum your way through an unforgettable rhythmic, pulsating, and dynamic-class experience. In this unique workout, you'll be guided through a program of drumming, movement, and creative exploration. (Program concept was developed by Carrie Ekins, in Germany.)

Early Morning Bootcamp:

Get ready to work and meet your fitness goals! Our trainer will take you through fun & challenging drills that blend agility, endurance, speed and strength to push you to achieve your personal best!

Fighting Fit Kickboxing:

These are real impact kickboxing classes where you'll burn fat FAST and learn real kickboxing drills and combos. This class will provide you with a great non-contact fitness kickboxing workout. You will also get interval training and body weight resistance training!

Integrated Strength & Movement:

Learn and use the seven basic (primal) patterns to condition your entire body, producing a practically unlimited toolbox of exercises. Fire up and strengthen your core while integrating your lower and upper body through dynamic and functional (real-life!) movements.

Kettlebells:

This class is ideal for explosive exercises that work major muscles, burn body fat, and build power. It also adds a new dimension to classic moves like chest presses and flies. Flexibility, strength, and cardio all rolled into one workout!

Pilates on a Bosu:

Using the BOSU for intensity, the Pilates on the BOSU class will incorporate the Essential and pre-Intermediate Pilates Mat work. The BOSU is considered the ultimate piece of fitness equipment as it challenges your balance, agility, and core strength simultaneously!

Skip N' Go:

Be inspired and bring your best effort in this fun and fast-paced workout that alternates between cardio athletic drills and strength conditioning. Experience a variety of cardio exercises including brief bursts of heart-pumping skipping drills!

Step Bootcamp:

Get ready to work, military style! Our fitness instructor will take you through fun & challenging drills that blend agility, endurance, speed and strength to push you to achieve your personal best.

Step & Pump:

This fun-filled and sweat-invoking class is a progressive cardio-conditioning workout that combines fun stepping patterns with some challenging athletic drills! Muscle conditioning is added between the cardio movement patterns for a complete full-body workout.

Stretched, Centered & Balanced:

Experience a creative fusion of different forms of yoga, tai chi, dance, and gigong- inspired movements and techniques. Through breathing with movement and relaxation, restore, soothe, nurture your body; calm your mind; and, release your spirit!

W.I.N. → Working-In eNergy:

A truly holistic approach to your fitness and wellness program is to balance your energy systems by incorporating *energy-building exercises*, and not just energy-expending workouts! “Win” the battle against fatigue and sluggishness by working energy into the body rather than “working out

Tuesday, January 3 – Friday, March 30, 2012

Day	Time	Class	Instructor	Location
Sunday	1:00pm-1:50pm	'Big Bang' Training	Anna	Gym 3
	2:00pm-2:50pm	WIN Working-In eNergy	Anna	Gym 3
Monday	12:05pm-12:50pm	Drums Alive	Anna	Gym 3
	12:05pm-12:50pm	Fighting Fit Kickboxing	Thomas	Racquetball Court
	5:00pm-5:45pm	Bosu, Cardio & Core	Stephanie	Gym 3
	6:00pm-6:45pm	Step Bootcamp	Myrtle	Gym 3
Tuesday	12:05pm-12:50pm	Pilates on a Bosu	Stephanie	Gym 3
	4:45pm-5:30pm	Kettlebells	Thomas	Gym 3
	6:00pm- 6:45pm	Stretched, Centered & Balanced	Anna	Racquetball Court
Wednesday	6:45am-7:30am	Early Morning Bootcamp	Thomas	Gym 3
	11:45am-12:30pm	Skip N' Go	Anna	Gym 3
	4:45pm-5:30pm	Kettlebells	Thomas	Gym 3
	6:00pm-6:45pm	Core Fusion	Myrtle	Gym 3
Thursday	12:05pm-12:50pm	Dance with GLEE	Anna	Gym 3
	4:45pm-5:30pm	Fighting Fit Kickboxing	Thomas	Gym 3
	6:00pm-6:45pm	Integrated Strength & Movement	Anna	Gym 3
Friday	6:45am-7:30am	Early Morning Bootcamp	Thomas	Gym 3
	12:05pm-12:50pm	Step N' Pump	Anna	Gym 3

- UPEI Full-Time Students and Chi-Wan Young Sports Centre members can attend these classes for FREE! Non-members can purchase a day pass for \$9 +gst for each class or a 5 punch card for \$36 +gst. Passes and punch cards are available at the Sports Centre front desk!
- Days and times of classes will remain the same for this semester; however the type of class can change. The types of classes will be reviewed after 6 weeks.
- We wish to have participant feedback in order to improve our fitness programs. Evaluation forms will be provided periodically throughout the semester.
- We plan to limit the number of times classes are cancelled. At times, fitness instructors may not be able to teach their class. In those times, we will make every effort to have a class taught, although the type of class may change.
- For up-to-date class information (cancellations, latest news, announcements) please go to www. <http://ar.upei.ca> and click on the facebook page.