

| Morning   | Monday 4/25  | Tuesday 4/26  | Wednesday 4/27                                       | Thursday 4/28   | Friday 4/29  |
|-----------|--|---|--|---|--|
|           |  |   | 8:30a-9:30a<br><b>20/20/20</b><br>Melissa, Studio A  |   | 8:30a-9:30a<br><b>20/20/20</b><br>Melissa, Studio A          |
| Afternoon | 12:00p-1:00p<br><b>Step &amp; Sculpt</b><br>Meghan, Studio A | 12:15p -1:00p<br><b>Employee Fitness- Total Body Tone</b><br>Tamara, Studio B | 12:00p-1:00p<br><b>20/20/20</b><br>Lauren, Studio A  | 12:15p -1:00p<br><b>Employee Fitness- Total Body Tone</b><br>Tamara, Studio B | 12:00p-1:00p<br><b>Step &amp; Sculpt</b><br>Tamara, Studio A |
|           | 12:15p-1:15p<br><b>Cycle</b><br>Lauren, Cycle Studio         | 12:30p-1:15p<br><b>Pilates</b><br>Jennifer K, Studio C                        | 12:15p-1:15p<br><b>Cycle</b><br>Meghan, Cycle Studio | 12:30p-1:15p<br><b>Barre Sculpt</b><br>Jennifer K, Studio C                   | 12:15p-1:15p<br><b>Cycle</b><br>Meghan, Cycle Studio         |
|           | 12:15p-1:15p<br><b>Yoga</b><br>Hannah, Studio C              | 12:30-1:15pm<br><b>ZUMBA Tone</b><br>Yolanda, Studio A                        |  | 12:30-1:15pm<br><b>ZUMBA Tone</b><br>Yolanda, Studio A                        | 12:15p-1:15p<br><b>Yoga</b><br>Shanon, Studio C              |
| Evening   | 6:30p-7:30p<br><b>Zumba</b><br>Briana, Studio A              | 5:15p-6:15p<br><b>Power Hour</b><br>Robin, Studio A                           | 5:15p-6:15p<br><b>Power Hour</b><br>Robin, Studio A  | 5:15p-6:15p<br><b>Pilates</b><br>Jennifer L, Studio C                         |  |
|           | 6:30p-7:30p<br><b>Cycle</b><br>Phil, Cycle Studio            | 6:30p-7:30p<br><b>Cycle</b><br>Meghan, Cycle Studio                           | 6:30p-7:30p<br><b>Zumba</b><br>Briana, Studio A      |   |  |
|           | 6:30p-7:30p<br><b>Yoga</b><br>Jennifer L, Studio C           | 6:30p-7:30p<br><b>Yoga</b><br>Shanon, Studio C                                | 6:30p-7:30p<br><b>Pilates</b><br>Emily, 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).

## Class Descriptions



**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.

**AQUA AEROBICS:** Increase your range of motion, improve strength, and cardiovascular endurance in an environment that reduces joint stress and keeps you cool. All fitness levels welcome.

**AQUA ZUMBA:** Make a splash with your fitness routine by participating in our invigorating, low-impact aquatic exercise class. This class integrates the Zumba philosophy with traditional aquatic fitness disciplines, blending together into a workout that is cardio conditioning, body-toning, and most of all fun!!

**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.

**CARDIO KICKBOXING:** This 60 minute class combines cardio and boxing to provide a total body workout aimed at improving strength, aerobic fitness, coordination and balance. Join the fun and learn how to kick, jab, cross, hook, uppercut, and more!

**CYCLE:** This 45-60 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.

**CYCLE EXPRESS:** This 30-45 minute class has been revamped to offer you a high intensity cardio workout in half the time of a full cycle class on a stationary bike. It is primarily for participants that have taken classes before, as set up time will be more limited.

**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.*

**CARDIO FIT:** *Cardio Fit is about moving, dancing and having a great time, all while burning off some calories! Join us in an all levels class that is set to the beat and builds strength, flexibility, cardio and core!*

**RISE & SHINE:** *Gooooo Morning! This class is for those early risers, looking to get their workout in before they head to work. Get started on the right foot with a class that will provide you a variety of strength and cardio exercises.*

**MONARCH MADNESS:** This is a challenging, dynamic, and exciting way to boost your fitness whether you are a beginner or in need of breaking a plateau. Designed from traditional military training, this 60 minute class will rattle your strength, endurance, flexibility, and body fat and leave you in peak condition.

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

**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.

**STAY ON TRACK:** This class is part of our Train Like An Athlete Series. This 60 minute class will utilize the indoor track for drills, learning to pace yourself, and focus on maintaining and building endurance. This class is open to all levels from beginner to advanced.

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

**TOTAL BODY TABATA EXPRESS:** This 30 minute high intensity class will get your whole body moving, but in a shorter amount of time! 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.

**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.

**TWEAK YOUR TECHNIQUE:** This class is part of our Train Like An Athlete series. Come learn the art of swimming "smarter, not harder". Open to fitness lap swimmers, competitive swimmers, cross trainers and triathletes!

**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.

**ZUMBA:** This is a 45-60 minute class of Latin-inspired red-hot music and dance that will get the party started. All fitness levels welcome!

**ZUMBA TONE:** This class combines body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. You'll work every muscle group while you groove.