

Sunday 11/23/14	Monday 11/24/14	Tuesday 11/25/14	Wednesday 11/26/14	Thursday 11/27/14	Friday 11/28/14	Saturday 11/29/14
NO CLASSES SCHEDULED	12:15p-12:15p Beginner Yoga Grady, Studio C	6:15a-7:15a Cycle Melissa, Cycle Studio	NO CLASSES THANKSGIVING			
	12:15p-1:15p Monarch Madness Tierney, Studio A	6:15a-7:15a Yoga Niquela, Studio C				
	12:15p-1:15p Cycle Lauren, Cycle Studio	12:15p-1:15p Cycle Matt, Cycle Studio				
	4:00p-5:00p Total Body Tabata Andrea Car, Studio A	5:15p-6:15p Cycle Kasey, Cycle Studio				
	5:15p-6:15p Cycle Janelle, Cycle Studio	7:30p-8:30p Zumba TJ, Studio A				
	5:15p-6:15p Zumba Andrea Car, Studio A					

ODU Crossfit Student Rates:

- 1 Punch: \$5**
- 10 Punches: \$ 40**
- 20 Punches: \$ 80**

SRC Crossfit Members Rates:

- 1 Punch: \$10**
- 10 Punches: \$ 90**
- 20 Punches: \$ 180**

Group Exercise Class Schedule Fall 2014

Sunday 11/23/14	Monday 11/24/14	Tuesday 11/25/14	Wednesday 11/26/14	Thursday 11/27/14	Friday 11/28/14	Saturday 11/28/14
NO CLASSES SCHEDULED	12:00p-1:00p Crossfit Austin, ITZ	12:00p-1:00p Crossfit Ian, ITZ	NO CLASSES THANKSGIVING			
	5:30p-6:30p Crossfit Ian, ITZ	5:30p-6:30p Crossfit Ian, ITZ				

**Changes for Winter Break
will start December 7th!!
Schedule coming soon!**

Visit the Pro Shop located inside the Student Recreation Center to register and purchase your ODU Crossfit Punch Card.

Student Recreation Center
Class Descriptions

20/20/20: Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.

ADVANCED YOGA: This class is intended for participants that have practiced Yoga before and are curious to learn longer sequences and more challenging poses.

BEGINNER YOGA: This class will build your foundation of yoga teaching you the basic poses and precise technique to stretch, strength, and tone your muscles.


Crossfit: This class will push you to your limits while performing constantly varied functional movements executed at high intensities giving you maximum results in the least amount of time. Space is limited to the first 10 people to register at the Pro Shop.

CYCLE: This 45-60 minutes cycle class offers a high-cardiovascular workout on a bike. This class is for participants who want a cardiovascular challenge.

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 45-60 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.

YOGA: This full body workout consists of conscious breath, posture and relaxation techniques to enhance mental awareness, muscular strength and flexibility.

 **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 are welcome.

