

December 7, 2014-January 9, 2015

Monday	Tuesday	Wednesday	Thursday	Friday
6:15a-7:15a Cycle Robin, Cycle Studio	12:15p-1:15p Pilates Jennifer, Studio C	6:15a-7:15a Cycle Janelle, Cycle Studio	12:15p-1:15p Cycle Melissa, Cycle Studio	6:15a-7:15a Cycle Robin, Cycle Studio
12:15p-1:15p Yoga Grady, Studio C	12:15p-1:15p Zumba Lesley, Studio A	12:15p-1:15p 20/20/20 Melissa, Studio A	5:15p-6:15p Pilates Emily, Studio C	12:15p-1:15p Yoga Grady, Studio C
5:15p-6:15p Cycle Janelle, Cycle Studio	4:30p-5:30p Pilates Emily, Studio C	5:30p-6:30p Pilates Emily, Studio C		
	5:15p-6:15p Cycle Melissa, Cycle Studio			

No Classes on:

Dec 24th

Dec 25th

Dec 31st

Jan 1st

Due to the holidays

Crossfit Class Winter

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Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00p Crossfit Austin, ITZ	5:30-6:30p Crossfit Ian	12:00-1:00p Crossfit Austin, ITZ	5:30-6:30p Crossfit Ian	12:00-1:00p Crossfit Austin, ITZ

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**

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



Old Dominion University
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.

BARRE EXPRESS: A shortened version of Barre Sculpt for that will get your body working for when you are on the go!


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.

Spring Semester Schedule

will start January 12, 2015!

**FITNESS &
WELLNESS**

