

Group Exercise Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
6:15a-7:15a <b>Yoga</b> Jocelyn, Studio C	6:15a-7:15a <b>Barre Sculpt</b> Danielle, Studio C	6:15a-7:15a <b>Yoga</b> Jocelyn, Studio C	6:15a-7:15a <b>Barre Sculpt</b> Danielle, Studio C	6:15a-7:15a <b>Total Body Tabata</b> Andrea, Studio A
	6:15a-7:15a <b>TRX Bootcamp</b> Tamara, Studio B		6:15a-7:15a <b>TRX Bootcamp</b> Tamara, Studio B	
12:00p-1:00p <b>Yoga</b> Grady, Studio C	12:00p-1:00p <b>Yoga</b> Sarah, Studio C	12:00p-1:00p <b>Monarch Madness</b> Tierney, Studio A	12:00p-1:00p <b>Yoga</b> Sarah, Studio C	12:00p-1:00p <b>Yoga</b> Grady, Studio C
12:00p-1:00p <b>Monarch Madness</b> Tierney, Studio A	12:00p-1:00p <b>Cycle</b> Melissa, Cycle Studio	12:00p-1:00p <b>Cycle</b> Melissa, Cycle Studio	12:00p-1:00p <b>Cycle</b> Melissa, Cycle Studio	12:00p-1:00p <b>Bootcamp</b> Semone, Studio A
	12:30-1:00p <b>Ab Attack</b> Semone, Studio A	12:00p-1:00p <b>Pilates</b> Jennifer, Studio C	12:30-1:00p <b>Ab Attack</b> Semone, Studio A	
5:30p – 6:30p <b>Total Body Tabata</b> Andrea, Studio A	5:30p-6:30p <b>Monarch Madness</b> Tierney, Studio A	5:30p-6:30p <b>Bootcamp</b> Semone, Studio A	5:30p-6:30p <b>Zumba</b> Semone, Studio C	5:30p-6:30p <b>Zumba</b> Fallon, Studio A
	5:30p-6:30p <b>Pilates</b> Jennifer, Studio C	5:30p-6:30p <b>ZUMBA</b> Crista, Studio C	5:30p-6:30p <b>Total Body Tabata</b> Andrea, Studio A	
Small Group Training Schedule – Fee Associated				
Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00p <b>CrossFit A</b> Austin, MTZ	12:00p-1:00p <b>CrossFit B/I</b> Ian, MTZ	12:00-1:00p <b>CrossFit A</b> Austin, ITZ	12:00p-1:00p <b>CrossFit B/I</b> Ian, MTZ	12:00-1:00p <b>CrossFit A</b> Austin, MTZ
5:30p-6:30p <b>CrossFit B/I</b> Austin, MTZ	5:30p-6:30p <b>CrossFit A</b> Ian, MTZ	5:30p-6:30p <b>CrossFit A</b> Austin, MTZ	5:30p-6:30p <b>CrossFit A</b> Ian, MTZ	5:30p-6:30p <b>CrossFit B/I</b> Austin, MTZ


**NOTE:** CrossFit Classes have a fee in order to participate. CrossFit ODU cards can be purchased at the Pro Shop. Fees for the classes are listed on the back.


There will be no classes on Friday, July 4<sup>th</sup> due to the Fourth of July holiday.

**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.

**BOOTCAMP:** This class will challenge you with the use of a variety of tools and exercises incorporating interval training to challenge your cardiovascular ability and strength. Bootcamp will provide you with a total body workout and high intensity training.

 **BEGINNER/INTERMEDIATE (B/I) SGT:** 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. See fees associated with program. Classes are held in the Monarch Training Zone (MTZ) located on the free-weight floor.

 **ADVANCED (A) SGT:** 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. See fees associated with program. Classes are held in the Monarch Training Zone (MTZ) located on the free-weight floor.

**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.

**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.



**BOOTCAMP:** A high intensity, full body, strength and cardio workout utilizing the TRX Suspension Trainers to get your body up and going!

**TOTAL BODY TABATA:** This 60 minute high intensity class will get your whole body moving using the cardio vascular interval training method of Tabata.

**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. All fitness levels welcome!

**CrossFit Classes have a fee in order to participate. CrossFit ODU cards can be purchased at the Pro Shop.**

**ODU Student Rates:**

**1 Punch: \$5**

**10 Punches: \$ 40**

**20 Punches: \$ 80**

**SRC Members:**

**1 Punch: \$10**

**10 Punches: \$ 90**

**20 Punches: \$ 180**