

SPRING 2018 FITPASS

JANUARY 22
- APRIL 22

MON	TUE	WED	THU	FRI
<p>7:45-8:45a VINYASA (FLOW) YOGA 220 Collete O</p> <p>12 - 1p PILATES L133 Rachel P</p> <p>5 - 6p CARDIO KICKBOXING L131/132 Valerie W</p> <p>5:30-6:30p YOGA BASICS L126/128 Molly P /Evalyn M</p> <p>6 - 7p BARRE L131/132 Olga O</p> <p>6:30-7:30p CORE INTENSIVE YOGA L126/128 Kristina M</p> <p>7:30-8:30p SPIN & STRENGTH L138 Kristen D</p>	<p>7 - 8a SUNRISE SPIN L138 Ali M</p> <p>5 - 6p OBSTACLE COURSE TRAINING L131/132 Ali N</p> <p>5:30-6:30p SUNSET SPIN L138 Kristen D</p> <p>5:30-6:30p VINYASA (FLOW) YOGA L126/128 Zachary H</p> <p>6:30-7:30p CORE INTENSIVE YOGA L126/128 Zachary H</p> <p>7 - 8p POWER CIRCUITS L131/132 Sydney H</p>	<p>7:45-8:45a VINYASA (FLOW) YOGA 220 Ilana S</p> <p>5:30-6:30p YOGA BARRE L126/128 Aysegul E</p> <p>5:30-6:30p ZUMBA 220 Danielle N</p> <p>6 - 7p SPIN & STRENGTH L138 Ali N</p> <p>6:30-7:30p PILATES L133 Ann A</p> <p>6:30-7:30p DEEP STRETCH YOGA L126/128 Aysegul E</p> <p>7 - 8p CARDIO KICKBOXING L131/132 Valerie W</p> <p>7 - 10p ROPE UP Climbing Wall Drop In Climbing Staff</p>	<p>7 - 8a SUNRISE SPIN L138 Ali M</p> <p>5 - 6p HIIT TRAINING L131/132 Ali N</p> <p>5:30-6:30p SUNSET SPIN L138 Tara D</p> <p>5:30-6:30p YOGA/PILATES FUSION L126/128 Sharon C</p> <p>6 - 7p ZUMBA 220 Suzanne K</p> <p>6:30-7:30p RESTORATIVE YOGA L126/128 Sharon C</p> <p>7 - 8p TOTAL BODY CONDITIONING L131/132 Michaela M</p>	<p>4 - 5p CORE & MORE L137 Emily C</p> <p>5:30-6:30p TRX/KETTLEBELL Fitness Center Michaela M</p>
SAT				
<p>10 - 11a INSANE CALORIE BURN L137 Michaela M</p> <p>11 - 12p YOGA BASICS 220 Stephanie S</p> <p>12 - 1p ZUMBA 220 Ellie L</p>				
SUN				
<p>9 - 10a SUNDAY SPIN L138 Tara D</p> <p>5 - 6p ZUMBA L131/132 Olga O</p> <p>6 - 7p YOGA LIFT L131/132 Hannah J</p>				



FitRec
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VINYASA (FLOW) YOGA: Vinyasa yoga links breath and movement while transitioning through a series of poses. Practice includes Sun Salutations and additional vignettes building around peak poses to improve endurance, strength, flexibility and balance. Class concludes with a cool-down and Savasna to promote relaxation and stress relief.

PILATES: Students explore the fundamental Pilates techniques and practice simple, targeted exercises. Focus is on balancing flexibility with strength so each individual can develop the coordination necessary for healthy biomechanics resulting in effortless good posture and core strength. Beginners and those with previous Pilates experience will find a safe, supportive environment. Come ready to focus, explore and discover!

CARDIO KICKBOXING: A great cardiovascular workout. Kick off the fat and punch off the pounds. Martial arts and kickboxing are combined to increase muscular strength, cardiovascular conditioning, coordination and balance.

YOGA BASICS: A perfect class for beginners or those who wish to deepen their understanding of yoga practice. Each class will focus on proper alignment, integrated breath work and asana (poses). We will introduce several breathing techniques as well as modifications to address injuries or limitations. Students will learn to find their edge while strengthening and stretching without causing injury.

BARRE: This calorie-burning class incorporates the principles of ballet into one total body workout that will sculpt your body and create long lean muscles. Benefits include better posture, core strength, increased flexibility, and overall muscle tone. *If you like Barre, try Yoga Lift Pilates or Yoga Barre!*

CORE INTENSIVE YOGA: Focus on core strengthening and toning through standing and balancing poses, forward and back bending, seated postures and hybrids. This class also incorporates proper breathing techniques and meditation.

SPIN & STRENGTH: A great combination of sprinting intervals on the bike with added intervals of weight training. Spin & Strength is a dynamic, fast-paced interval workout designed to be the perfect end to your day. This class is sure to rev up your metabolism, improve endurance and blast fat while maintaining muscle mass! *If you like Spin and Strength, try Power Circuits or Total Body Conditioning.*

SUNRISE SPIN: Set your alarm clock and come join us for an early morning ride! Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn.

OBSTACLE COURSE CLASS: Have you ever wanted to train for one of those popular obstacle races? This class will assist you in preparing for a race or just a fun workout using different equipment that will be appropriate for all levels. This class is designed to introduce someone who is new to training for obstacle racing into a structured program that will improve your strength, endurance and mobility. The workouts are constantly varied to keep you motivated. *If you like this, try Core and More or TRX / Kettlebell Fusion.*

SUNSET SPIN: After a long day, relieve some stress with the encouragement of our upbeat instructors and various cycling drills and combos. You will ride your way to improved endurance.

POWER CIRCUITS: Spending too much time in the gym and not seeing results from your current program? Try this Power Circuit class to burn fat and change your body-composition. This class focuses on peak intensity exercises with short breaks, repeated in cycles. Expect to push yourself to the max of muscular strength and aerobic capacity.

ZUMBA: Described as a fitness party, this fast paced aerobics class features Latin tunes and easy to follow moves will allow you to achieve long term results while having fun.

YOGA BARRE: Through this unique blend of barre and yoga set to music, participants will increase strength, alignment, balance and flexibility. Classes will start with conditioning and alignment at the barre and move to the center for sun salutations and yoga vignettes and poses. Poses will include a variety of standing and arm balances as well as inversions such as headstand and handstand. Yogic breath work will further enhance this fusion of grace and power. Modifications will be shown for progression.

DEEP STRETCH YOGA: Class progresses through slow yoga sequences that partner with gravity to allow stretching with minimal added effort. All major muscle groups are targeted with special areas of focus each class. Class starts on the back, moves to the kneeling and seated postures and briefly comes to standing. Vinyasa flow heats the body to progress into deep final stretches followed by relaxation.

ROPE UP: Rock Climbing is an activity that uses mental focus, coordination and strength. FitPass users can drop by the wall on Wednesdays to get free rental equipment and the chance to rope climb under supervision by staff.

HIIT TRAINING: Fitrec's version of CrossFit. This class is a mix of high intensity interval training (HIIT) and mobility exercises to increase participants overall fitness capacity. Don't let the intensity be intimidating, all the workouts will be scaled to individual fitness levels to safely achieve great results. *If you like this, try Insane Calorie Burn or Spin & Strength.*

YOGA/PILATES FUSION: Combines yoga postures and Pilates-based methods to help you build core strength and tone your body with a gentle workout.

RESTORATIVE YOGA: Wind down your week with us by joining us for deep relaxation. Settle into each pose for 3-5 minutes supported by yoga blankets and other props. A wonderful antidote to a hectic day, this class incorporates deep breathing and mindfulness.

TOTAL BODY CONDITIONING: Take your body to the next level by combining weight training, body weight exercises, aerobic step drills and plyometrics training to create a high intensity, total body workout. Strength training exercises and high-intensity interval drills are performed in quick succession to maximize your calorie burn and enhance your fitness level by working your whole body.

CORE AND MORE: This class focuses on strengthening your entire core including abs, obliques and lower back. Our dynamic instructor will coach you through functional exercises using your body-weight, medicine and stability balls and BOSU.

TRX/KETTLEBELL FUSION: The TRX-Kettlebell class is a fusion workout that will build your core strength, stability and functional mobility, all in one workout. This class incorporates two of the most functional fitness pieces of equipment into one class. Exercises will be modified to accommodate all fitness levels. *If you like this, try Rope Up!*

INSANE CALORIE BURN: Burn calories fast with this high intensity interval work out. Get moving with an intense circuit training class meant to make the calories melt away!

SUNDAY SPIN: It's time to get in gear for your weekend mountain ride. Build endurance with climbs, jumps and sprints to simulate an actual weekend mountain course.

YOGA LIFT: Add resistance training to your yoga workout. Build stamina, muscle strength and endurance while performing sequences with hand weights to increase intensity. Class will continue with a cool down and stretching sequence to final relaxation in Savasana.

ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.