

CLASS DESCRIPTION

BODYPUMP™

A 60 minute barbell class that challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music-you choose your weight to get the results you came for!

BODYSCULPT

This toning class will rock your world, blasting every major muscle group. Dumbbells & tubing will be utilized to create sleek definition.

CYCLING

A fantastic heart-pumping workout. Taught on an indoor cycling bike - you will climb, sprint, and train to incredible music and extraordinary instruction. Not one you want to miss!

KICKBOXING

This martial arts based fitness type class will challenge your muscles and mind. You will punch, strike, and kick your way through calories to a superior cardio fitness.

LAF Muscle Madness

This 35 minute strength and conditioning class incorporates high intensity barbell, dumbbell, and bodyweight movements. Learn proper form and technique to develop strength and improve your overall fitness. Perfect for all fitness levels!

PowerPump + ABs

A great mix of strength using various dumbbells or bands intermixed with bursts of cardio conditioning plus ABs. A total Body Workout!

PiYo™

Developed by BEACHBODY®. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. You'll sweat, stretch, and strengthen all in one workout!

VINYASA YOGA

Experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work and sweat through "moving meditation" followed by closing relaxation. All levels welcome.

YOGA TONE

Set the tone for the day with an energizing vinyasa yoga flow—awaken your body through mindful movement and attention to breath. Increase your flexibility, gain better body tone and improved posture with a relaxed and clear mind. All levels welcome.

ZUMBA

Latin Cardio Party! Interval cardio and resistance training to an irresistible beat. Maximize caloric burning, fat burning and body toning. Add spice to your workout.



Lafayette College GroupFIT

Fall '17 Schedule

Classes start August 28th

ZUMBA
BODYPUMP™
BODYSCULPT
PowerPump + Abs
LAF Muscle Madness
VINYASA YOGA
KICKBOXING
YOGA TONE
CYCLING
PiYo™

Free Classes!
Reserve your SPOT
24 hours in advance or get a
FIT Ticket 15 minutes prior
to class if space is available!

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.

FALL SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
Classes with low attendance will be dropped from the schedule.	Yoga Tone 7:15–8:05AM Room 136	PowerPump +Abs 7:15–8:00AM Room 136	Body Sculpt 12:05–12:50PM Room 136	
	Body Pump 4:30–5:30 PM Room 136	Cycling 4:30–5:15PM Room 138	Cycling 4:30–5:15PM Room 138	Zumba 5:00–6:00PM Room 229
	Zumba 5:00–6:00PM Room 229	PiYo 4:45–5:45PM Room 229	Zumba 5:00–6:00PM Room 229	Kickboxing 5:30–6:30PM Room 136
	Cycling 5:45–6:30PM Room 138	LAF Muscle Madness 5:30–6:05PM Room 136	Body Pump 5:30–6:30PM Room 136	Vinyasa Yoga 5:00–6:00PM Room 136

Reserve your SPOT
24 hours before class at
imleagues.com/Lafayette
(Online waiting list available)

No Classes—October 9th & 10th

A reservation or Fit Ticket is needed to enter all classes

Group Fit Ticket Procedure

1. "Fit Tickets" are required if you did not reserve a SPOT online for a class.
2. Fit Tickets" are distributed as early as 15 minutes prior to class at reception desk.
3. All reserved SPOTS are released 5 minutes prior to start of class to wait-listed participants, then FIT ticket holders until class is filled.
4. One ticket per person, you cannot hold a place for another person.

*Please remember to cancel your reservation for a class if not attending.
Repeated no shows will prevent future online reservations.*