

## 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.

### **CYCLE 30/45**

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!

### **CIRCUIT + CORE Express**

An action packed class with a balanced mixture of cardio & weight resistance exercises targeting all your major muscle groups. Includes stations focusing on cardio, strength, plyometric and core training. This is a great total body workout.

### **HIIT—Cardio & Core**

A great mix of cardio and strength exercises utilizing interval training, tabata and more! PLUS ABS! A total Body Workout!

### **R.I.P.P.E.D.™**

Total Body "plateau proof fitness formula" workout designed for all workout levels utilizing Resistance, Intervals, Power, Plyometrics, Endurance and Diet.

### **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 Spring '19 Schedule

Classes start January 28th

ZUMBA  
BODYPUMP™  
BODYSCULPT  
HIIT—Cardio & Core  
CIRCUIT + CORE Express  
R.I.P.P.E.D.™  
VINYASA YOGA  
YOGA TONE  
CYCLE 30/45

**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.

# SPRING SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	<b>Yoga Tone</b> 7:15–8:05AM Room 136	<b>HIIT-Cardio &amp; Core</b> 7:15–8:00AM Room 136	<b>Body Sculpt</b> 12:05–12:50PM Room 136		
<b>Body Pump</b> 4:30–5:30 PM Room 136	<b>Cycle 45</b> 4:30–5:15PM Room 138	<b>Zumba</b> 5:00–6:00PM Room 229	<b>Vinyasa Yoga</b> 4:30–5:30PM Room 229 <i>LAST CLASS—3/7</i>	<b>Cycle 30</b> 12:15-12:45PM Room 138	<b>Vinyasa Yoga</b> 5:00–6:00PM Room 136
<b>Zumba</b> 5:00–6:00PM Room 229	<b>R.I.P.P.E.D.</b> 5:00–6:00PM Room 136	<b>Body Pump</b> 5:15-6:15 PM Room 136	<b>Circuit + Core</b> 5:15–6:00PM Room 136	<b>Body Pump</b> 4:30–5:30 PM Room 136	
<b>Cycle 45</b> 5:15–6:00PM Room 138	Classes with low attendance will be dropped from the schedule.				

**No Classes—  
March 14th through March 24th**

**Reserve your SPOT**  
24 hours before class at  
[imleagues.com/Lafayette](http://imleagues.com/Lafayette)  
(Online waiting list available)

## ***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 30 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.*