




LSUS Recreational Sports Fall 2009 Group Exercise Class Schedule


Free to LSUS and LSUHSC students and \$25 a semester for faculty/staff.

Time	Monday	Tuesday	Wednesday	Thursday
12:15 – 12:45 p.m.	Couch-to-5K (HPE Entrance) Sept. 9 – Nov. 4		Couch-to-5K (HPE Entrance) Sept. 9 – Nov. 4	
4:30 – 5:30 p.m.	Tone & Sculpt	Iron Yoga	Pilates	Iron Yoga
5:00 – 6:00 p.m.		Indoor Cycling (HPE Weight Room)		Indoor Cycling (HPE Weight Room)
5:30 – 6:30 p.m.	Kickboxing		Body Blast	
6:00 – 6:30 p.m.		Hard Core Abs		Hard Core Abs


****ALL CLASSES ARE IN THE HPE BUILDING DANCE STUDIO UNLESS OTHERWISE NOTED****




BODY BLAST – Sculpt and tone your muscles using hand weights intermixed with bursts of cardio. This class combines high impact step aerobics, weight training, running, jumping, stability ball training, abs and much more. You will never be tired of this class because of its variety but be prepared to work hard!




COUCH-TO-5K TRAINING ***Sept. 9 – Nov. 4*** – The Couch-to-5K program can help anyone get off the couch and onto the road of fitness. The group will meet at the HPE Main Entrance twice weekly and walk/jog around the LSUS campus, gradually building up to 3 miles (or 5 kilometers) in just 2 months!




HARD CORE ABS – This class includes abdominal and lower back exercises that are utilized to strengthen and tighten your core. All levels are welcome.




INDOOR CYCLING – A cardio class designed on stationary bicycles. Participants adjust their own resistance and pedal rate so the class is ideal for beginners, intermediate or advanced individuals. Attendees are encouraged to bring a bottle of water and a sweat towel. *Indoor Cycling is limited to the first five individuals.*




IRON YOGA – Achieve the double body-sculpting benefits of resistance training and yoga, all in one class! Iron Yoga is guaranteed to engage more muscles, burn more calories, tone more trouble spots and reshape both the body and mind!



KICKBOXING – This class incorporates the entire body by using kicks and punches in different combinations. Kickboxing is designed for people seeking a fun-filled, energized, powerful workout!



PILATES – An effective, non-impact exercise program that will strengthen and condition the core-body muscles through slow, focused and controlled movements. Bring your own mat or borrow one from Rec Sports.



TONE & SCULPT – Rev-up your metabolism with this total body weight-training workout! This non-aerobic class strengthens and tones specific muscle groups using hand weights, rubber tubing, stability balls and other equipment.

Schedule for Monday, August 31st – Thursday, December 10th