

Group Fitness Classes

Class Schedule

Course Descriptions

NEW!
Classes now at
Everglades Hall

Fall 2009 (Aug. 24 - Dec. 4)

	Class	Time	Instructor	Location
Mon.	Yogalates	6:45 - 7:45 AM	Christa	Rec Center
	Cardio Bootcamp	8:00 - 9:00 AM	Christa	Everglades Hall
	Cardio Bootcamp	11:00 - 12:00 PM	Christa	Rec Center
	Spin	12:00 - 1:00 PM	Christa	Rec Center
	Ab Attack	1:00 - 2:00 PM	Christa	Rec Center
	Kick Boxing	5:00 - 6:00 PM	Kelsey	Rec Center
	Spin	6:00 - 7:00 PM	Stephanie	Rec Center
	Extreme Ab Attack	7:00 - 8:00 PM	Tiko	Rec Center
	Step and Sculpt	8:00 - 9:00 PM	Tiko	Rec Center
	Ab Attack	8:00 - 9:00 PM	Kelsey	Everglades Hall
Latin Dance	9:00 - 10:00 PM	Tiko	Rec Center	
Tue.	Spin	6:30 - 7:30 AM	Stephanie	Rec Center
	Buns and Thighs	12:00 - 1:00 PM	Wendy	Rec Center
	Yoga	1:00 - 2:00 PM	Megan	Rec Center
	Wii	2:00 - 4:00 PM	--	Rec Center
	Spin	6:00 - 7:00 PM	Stephanie	Rec Center
	Ab Attack	7:00 - 8:00 PM	Nikita	Rec Center
	Hip Hop	8:00 - 9:00 PM	Tiffany	Rec Center
	Spin	9:00 - 10:00 PM	Ryan	Rec Center
Wed.	Yoga	6:45 - 7:45 AM	Megan	Rec Center
	Cardio Bootcamp	11:00 - 12:00 PM	Christa	Rec Center
	Spin	12:00 - 1:00 PM	Christa	Rec Center
	Ab Attack	1:00 - 2:00 PM	Nikita	Rec Center
	Wii	2:00 - 4:00 PM	--	Rec Center
	Spin	6:00 - 7:00 PM	Tia	Rec Center
	Extreme Ab Attack	7:00 - 8:00 PM	Tiko	Rec Center
	Yoga	7:00 - 8:00 PM	Megan	Biscayne Hall
	Step and Sculpt	8:00 - 9:00 PM	Tiko	Rec Center
	Ab Attack	8:00 - 9:00 PM	Kelsey	Biscayne Hall
Latin Dance	9:00 - 10:00 PM	Tiko	Rec Center	
Thu.	Spin	6:30 - 7:30 AM	Stephanie	Rec Center
	Buns and Thighs	12:00 - 1:00 PM	Lindsay	Rec Center
	Yogalates	1:00 - 2:00 PM	Christa	Rec Center
	Wii	2:00 - 4:00 PM	--	Rec Center
	Spin	6:00 - 7:00 PM	Lindsay	Rec Center
	Ab Attack	7:00 - 8:00 PM	Wendy	Rec Center
	Buns and Thighs	8:00 - 9:00 PM	Wendy	Rec Center
	Spin	9:00 - 10:00 PM	Ryan	Rec Center
Fri.	Cardio Bootcamp	11:00 - 12:00 PM	Christa	Rec Center
	Spin	12:00 - 1:00 PM	Christa	Rec Center
	Ab Attack	1:00 - 2:00 PM	Christa	Rec Center

Ab Attack: Get those sexy, six-pack abs in this extremely popular class. All levels welcome!

Cardio Bootcamp: The ultimate in cross training! Always something new and different every class!

Buns and Thighs: A new class that targets your lower body and will give you those buns of steel.

Hip-Hop: High energy dance class that incorporates the latest and greatest hip-hop dance music for an amazing cardio workout.

Body Sculpt: Use light weight training to tone and chisel your body into a work of art!

Kickboxing: This high energy aerobics class uses kickboxing to tone and tighten while improving balance and reflexes.

Latin Dance: This high energy dance class with multiple ability levels will focus on salsa, bachata, chacha, and merengue dance fundamentals. Students will learn a variety of steps, dips, tricks, and turn patterns and will be able to progress according to their own prior training and ability.

Spin: Burn some serious calories as you listen to some pulse-pounding music.

Spin and Sculpt: This high energy class combines the cardiovascular benefits in a spin class with the toning benefits of a sculpting class! All in one great hour!

Step: This high energy class utilizes a workout step to improve muscle tone and cardio strength.

Yogalates: This class combines the best of both worlds- yoga and pilates!

Wii: Enjoy fun aerobics with Wii games such as Wii Fit, Sports and more!

Group Fitness Policies and Procedures

1. Must have a valid, scannable FGCU ID or be a member of the Recreation Center.
2. Sign up at front desk. Forms will be available one hour prior to class. No exceptions!
3. Limit of 15 participants for step and spinning classes. Limit of 20 for all others. Alternate list is available but space is not guaranteed. Classes must have 3 or more participants to avoid being cancelled. Cancelled classes will not be made up at a later date.
4. Must arrive on time for the start of class. 5-10 minutes early is recommended. Late participants will not be allowed to enter a class once it has started.
5. Appropriate workout attire is required; must wear shirt and tennis shoes.
6. Bring water to stay hydrated during class.
7. Participants should eat within one to two hours of the start of class.
8. No cell phone usage is allowed during class.
9. Participants may be asked to leave at any time for inappropriate behavior.
10. Non Recreation Center members must pay before entry to class, no exceptions granted.
11. All other Recreation Center rules and regulations apply.

For more information please call (239) 590-7935 or visit Campus Rec online at www.FGCU.edu/CampusRec



FGCU Campus Recreation; 239-590-7935; www.fgcu.edu/campusrec
Individuals who require reasonable accommodations in order to participate must notify the Office of Instructional Equity Compliance at least 5 days prior to the event by calling 239-590-7405, 1-800-590-3428 or call via The Florida Relay at 711.
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