## Summer 2014 Group Fitness Schedule
May 19th – August 10th 2014

### 4th FLOOR

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7:00 – 8:00 am</td>
<td>Sunrise Yoga</td>
<td>Ron</td>
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<td>Sunrise Yoga</td>
<td>Ron</td>
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<tr>
<td>11:30-12:30 pm</td>
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<td></td>
<td></td>
<td>HIIT</td>
<td>Vinyasa Yoga</td>
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<tr>
<td>5:00 – 6:00 pm</td>
<td>Cardio Kickbox</td>
<td>Elgin</td>
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<td></td>
<td></td>
<td>(4 – 5 pm) Zumba Toning</td>
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<tr>
<td>5:30 – 6:20 pm</td>
<td>Iyengar Yoga</td>
<td>Chris O’Brien</td>
<td>Bootcamp</td>
<td>Josh</td>
<td>Vinyasa Yoga</td>
<td>Melissa</td>
<td>HIIT Josh</td>
</tr>
<tr>
<td>6:30 -7:30 pm</td>
<td>Pilates</td>
<td>Kristin</td>
<td>Zumba Fusion</td>
<td>Kaitlin</td>
<td>Zumba Fusion</td>
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### ICS

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<tbody>
<tr>
<td>11:30-12:30 pm</td>
<td>Cycle</td>
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<td>12:30-1:30 pm</td>
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<td>Cycle Robbie/Steve</td>
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<tr>
<td>5:30-6:30 pm</td>
<td>Cycle</td>
<td>Steve</td>
<td>Cycle</td>
<td>Cycle</td>
<td>Steve</td>
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</tr>
<tr>
<td>7:00-8:00 pm</td>
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<td></td>
<td>Cycle</td>
<td>Steve</td>
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**Play Emory Fitness class schedule is subject to change; Play Emory reserves the right to cancel any class on the basis of low attendance or schedule changes. Class size is limited to 30 people per class due to equipment and space requirements. Please be courteous and arrive to class on time.**

*Play Emory Fitness Class passes and a valid Emory ID are required to attend any fitness classes and must be presented to the fitness attendant or instructor prior to the start of the class. Fitness cards may be purchased from the Play Emory office located on the 2nd floor (WPEC #208 B)*

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**PRICING:**
- ONE-CLASS card = $6.00 each
- STUDENT class card = $15/semester
- WPEC Member class card (non-students) = $30/semester
- Credit/Debit Now Accepted! (Visa/MC/Discover)

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**WPEC Class Locations:**
- (4th) = 4th floor Aerobics Room
- (ICS) = 2nd floor Indoor Cycling Studio

**Summer WPEC Hours:**
- MON-FRI 7 am - 8 pm
- SAT-SUN 10 am - 6 pm

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**Play Emory Office Hours:**
- MON-THU 11 am – 1 pm & 4–6 pm
- FRI 11 am - 1 pm

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**This schedule is only valid for the WPEC**

[www.play.emory.edu](http://www.play.emory.edu) - (404) 727-6551 – eburtr@emory.edu
MIND & BODY:

IYENGAR YOGA: A form of hatha yoga named after its founder, Sri BKS iyengar, focused on precise physical alignment in yoga postures. These classes are designed to deepen students' understanding and experience of yoga in a gradual and systematic way, waking up and enlivening dormant aspects of the human body. Class focus changes weekly, covering standing, seated, twisting, back bending and inverted asanas along with yoga philosophy. Those who attend regularly will learn how to safely practice yoga and develop a foundation for home yoga practice. Appropriate for all levels of fitness enthusiasts. CAPACITY: 35

SUNRISE YOGA: Get your day off to a great start in this hour long fitness class that promotes mind-body connection, flexibility, balance and muscular strength. Appropriate for all levels of fitness enthusiasts. CAPACITY: 35

VINYASA FLOW YOGA: Vinyasa is a powerful, physically challenging class that connects postures and movement with breath. Each class follows a similar structure designed to strengthen, stretch, and balance the body and mind. Both beginner and advanced variations and modifications are offered throughout the class. Appropriate for all levels of fitness enthusiasts. CAPACITY: 35

DANCE:

ZUMBA FUSION: A dance fitness class with vibrant music that combines interval low impact training with exhilarating Hip Hop and Latin rhythms. No dance experience required. Ditch the workout, Join the party! CAPACITY: 30

CARDIO & STRENGTH:

BOOT CAMP: Ready to take your workout to the next level? This new and exciting sports-inspired class combines plyometric, interval training and strength training for a total body workout that pushes your body to the limit. CAPACITY: 35

CARDIO KICKBOX: This class will get your heart pumping while you tone and strengthen your entire body through real boxing techniques. The fast-paced boxing moves will develop strength in the legs and overall stamina. CAPACITY: 35

CORE / STRETCH: This class will target all of your abdominal muscles to strengthen the core and improve postural integrity. It will also focus on overall flexibility and balance through various stretching techniques and activities. CAPACITY: 35

HIIT/HIGH INTENSITY INTERVAL TRAINING: High intensity interval training incorporates cardio, strength and plyometrics into one fast paced, high intensity class. Increase muscle tone and strength while burning calories! CAPACITY: 35

INDOOR CYCLING: Uniquely tailored to suite a wide range or abilities and fitness goals, Cycling offers participants an energizing, low impact, but high intensity workout with no complicated moves to learn, and music that begs your legs to pedal; getting into the best shape of your life has never been so much fun! CAPACITY: 25

www.play.emory.edu
FitnessEmory@gmail.com