



Play.emory.edu
 (404) 727-6551 - FitnessEmory@gmail.com

Summer 2014

Group Fitness Schedule
 May 19th - August 10th 2014



4 th FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 am		Sunrise Yoga Ron		Sunrise Yoga Ron			
11:30-12:30 pm					HIIT Josh/Lana	Vinyasa Yoga Ron	
5:00 - 6:00 pm	Cardio Kickbox Elgin						(4 - 5 pm) Zumba Toning Kaitlin
5:30 - 6:20 pm		Iyengar Yoga Chris O'Brien	Bootcamp Josh	(6 - 7 pm) Vinyasa Yoga Melissa	HIIT Josh		
6:30 - 7:30 pm	Pilates Kristin	Zumba Fusion Kaitlin	Zumba Fusion Kaitlin				
ICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30-12:30 pm		Cycle Hazel		Cycle Hazel			
12:30-1:30 pm						Cycle Robbie/Steve	
5:30-6:30 pm	Cycle Steve		Cycle Steve		Cycle Steve		
7:00-8:00 pm				Cycle Robbi			

*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)

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)

Play Emory Office Hours:

MON-THU 11 am - 1 pm & 4-6 pm
 FRI 11 am - 1 pm

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

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

www.play.emory.edu - (404) 727-6551 - eburtr@emory.edu



Spring 2014 Fitness Class Descriptions

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 of 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