

Class Descriptions

- **ZUMBA®**: Come join the party with Latin inspired dancing that will increase your cardiovascular endurance. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.

- **STRONG** by ZUMBA®: Moving in sync with music makes you work harder. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

- **SPIN**: A 45-minute cycling class that combines jumps, intervals, hills and sprints to promote total body and aerobic fitness. Spin is a group cycling class set to music and performed on a specialized bike.

- **BARRE**: An energetic, sweaty fusion of Pilates, ballet-inspired movements, and yoga all set to fast-paced, hip music.

- **YOGA**: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.

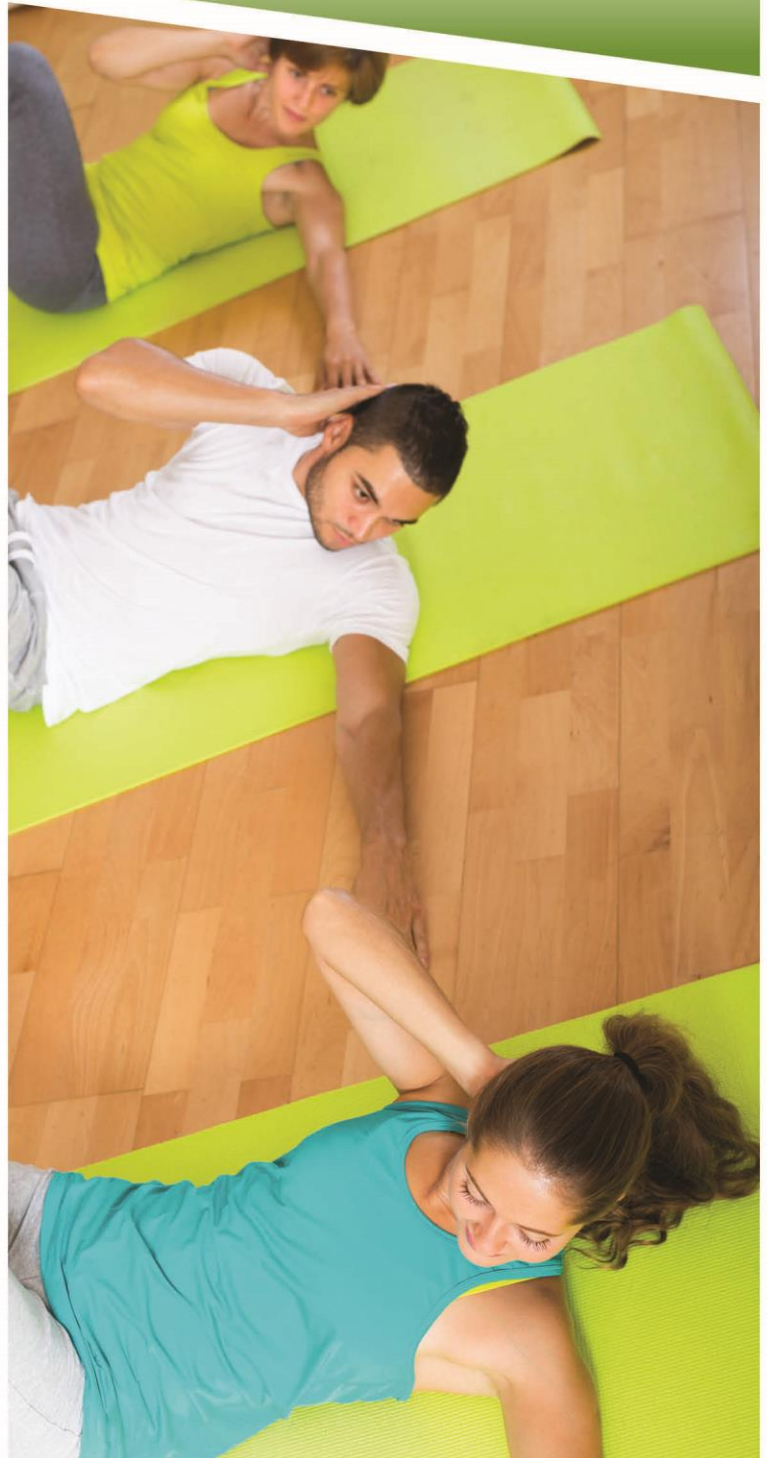
- **YOGA EXPRESS**: Only 30 minutes for those of you with busy schedules.

- **VINYASA YOGA**: A yoga experience focusing on sequential movement and postures to form a continuous flow.

- **CIRCUIT**: A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles.

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Group Fitness Schedule



AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			YOGA EXPRESS 12:15PM (30 Minutes)	CIRCUIT 12:30PM
YOGA 5:30pm ZUMBA® <i>(In the gym)</i> 6:00PM	BARRE 5:30pm SPIN 5:30PM	VINYASA YOGA 5:30PM SPIN 6:00PM ZUMBA® 6:30PM	SPIN 5:30PM CIRCUIT 6:30PM	STRONG by ZUMBA® <i>(In the gym)</i> 5:30PM

Group Exercise Guidelines

- Classes and instructors are subject to change without notice.
- Classes are co-ed and offered on a first-come, first-served basis.
- Reserving spaces is not allowed.
- Please arrive on-time.
- Be considerate of other members' exercise space.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you have medical concerns that may affect your workout, please inform the instructor.
- If you must exit class early, please notify the instructor to let them know you are OK.
- Please refrain from cell phone usage during class.
- All group fitness classes will be cancelled on Harvard recognized holidays.
- Please return all equipment to the proper location.
- Always work at your own pace, and HAVE FUN!

Please call the Athletics Office at 617-432-1942 for more information.
<http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility>