## Vanderbilt Hall Group Fitness Schedule

### Winter 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-12:45 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>BASIC TRAINING</td>
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<tr>
<td>4:30-5:30 PM</td>
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<td></td>
<td></td>
<td>YOGA</td>
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<tr>
<td>5:15-6:15 PM</td>
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<td></td>
<td>VINYASA YOGA</td>
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<tr>
<td>5:30-6:30 PM</td>
<td></td>
<td></td>
<td>SPIN</td>
<td>ZUMBA®</td>
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<tr>
<td>6:00-7:00 PM</td>
<td>ZUMBA® (In the gym)</td>
<td></td>
<td></td>
<td>SPIN</td>
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<tr>
<td>6:15-7:15 PM</td>
<td></td>
<td></td>
<td>CIRCUIT</td>
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- **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.
- **CIRCUIT**: A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles.
- **ZUMBA®**: Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.
- **YOGA**: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.
- **VINYASA YOGA**: A yoga experience focusing on sequential movement and postures to form a continuous flow.
- **BASIC TRAINING**: Athletic skills and drills combining cardio, muscle conditioning and plyometric moves. May include the use of weights, bars, balls, kettlebells, steps and other small fitness equipment.

### Group Exercise Guidelines

- Equipment provided.
- Please do not crowd out a member who has arrived before you. Be considerate of other members’ exercise space.
- Classes and instructors are subject to change without notice.
- 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.
- Please refrain from cell phone usage during class.
- All group fitness classes will be cancelled on Harvard recognized holidays.

Please call the Athletics Office at 617-432-1942 for more information.

http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility

(revised 02-08-16)