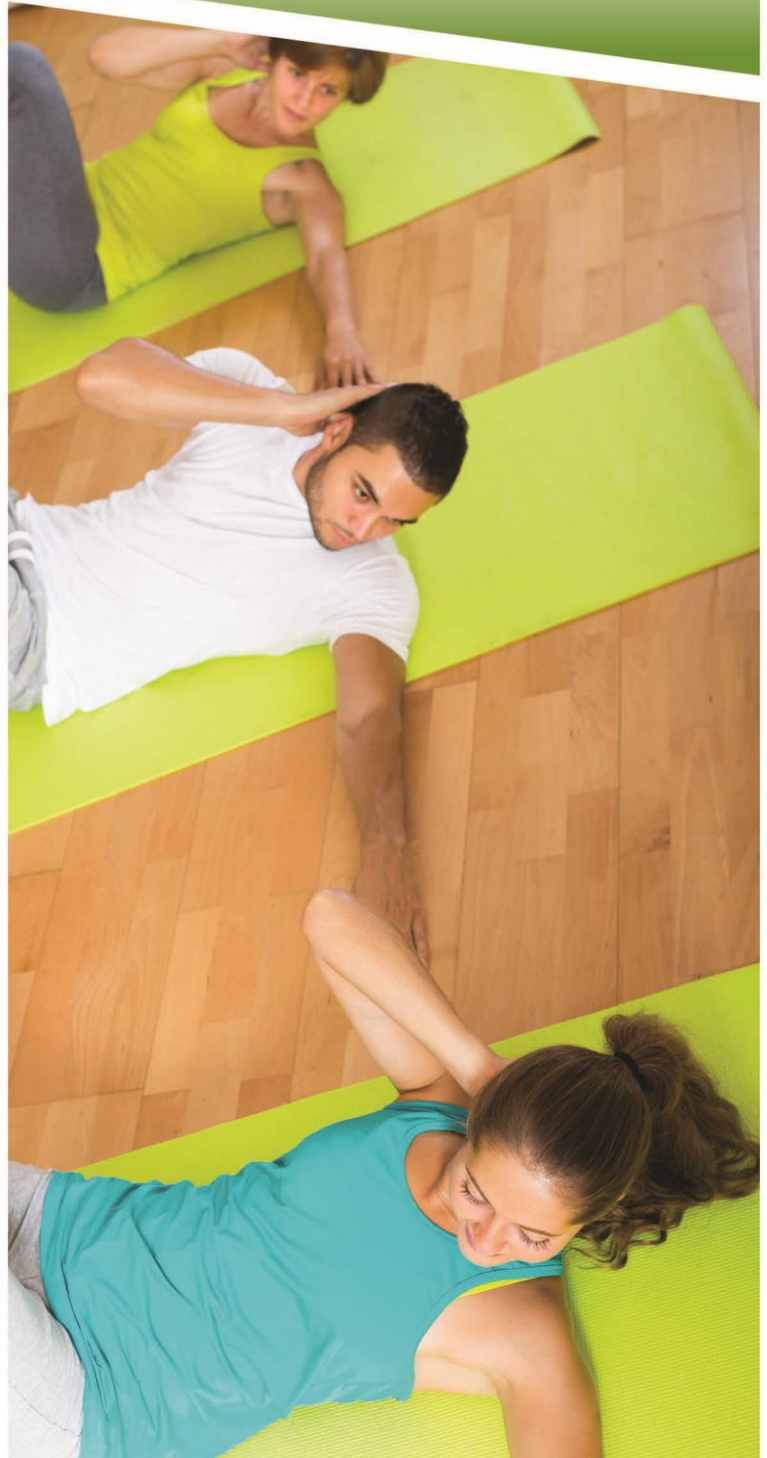


Class Descriptions

Group Fitness Schedule

- **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.
- **YOGA**: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.
- **INSANITY®**: INSANITY® uses MAX Interval Training which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.
- **3-2-1 WORK**: An interval training system including three minutes of strength, two minutes of cardio and one minute of core training.
- **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.

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October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Spin w/Nicole 6:30AM			
				Circuit w/Ben 12:30PM
Yoga w/Katrina 5:30pm ZUMBA® w/Cesar <i>(In the gym)</i> 6:00PM Insanity® w/Jennifer 7:00PM	Spin w/Shayna 5:30PM Circuit w/Ben 6:30pm	Spin w/Jacquelyn 6:00PM ZUMBA® w/Cesar 6:00PM	Spin w/Tanya 5:30PM 3-2-1 Work w/Nicole 6:30PM	STRONG by ZUMBA® w/Cesar <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 in 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!