

March Group Fitness Schedule

SPECIAL CLASSES

10-Minute Clinic

Aches? Pains? Recent injury? Come see Bryce Taylor, MSPT, of Downtown Physical Therapy to learn about your orthopedic ailment. *This is informational and not a substitute for medical treatment.* Please register at the service desk or call 274.3432 ext. 216. Session meets once a month in the 1st floor conference room.

Learn at Lunch

Learn about a new topic each month. A physician or specialist will present and answer questions. Bring your lunch or enjoy a snack on us! FREE and open to the public, so bring a friend! For more information or to sign up, call 274.3432 ext. 219 or email sharriman@nifs.org. Meet in the auditorium. (60 min)

Active Stretch

(Level I class)
Join in for this 15 minute stretching session to help you increase joint and muscle range of motion, increase post exercise recovery time and help reduce some stress. Meet on the blue mats located on the sprint lanes. (15 min)

Monday	Tuesday
10-Minute Clinic 3/22: 5:30 – 7:30p (Registration required)	
Wednesday	Thursday
Learn at Lunch 3/24: Noon – 1p (Registration appreciated)	
Friday	Sat/Sun

BOOMER CLASSES

Boomer Balance and Strength

(Level I class)
This class for age 50+ will work with weights, tubing and other props to solely focus on increasing your balance, flexibility and strength. Standing and chair-based exercises are adapted to individual needs. Meet in the group fitness studio. (60min)

Boomer Grab Bag

(Level I class)
This class for age 50+ will combine both muscle strength and low impact aerobics into one full body class. All fitness levels welcome. Meet in the group fitness studio. (60 min)

Boomer Low Impact Aerobics

(Level I class)
This class for age 50+ individuals focuses on muscle strengthening, low impact aerobics and balance exercises. All fitness levels welcome. Meet in the group fitness studio. (60 min)

CARDIO CLASSES

2 Hour Ride (Level III class)

This class included a great cardiovascular workout plus a lower intensity free ride to relax the mind. No headset necessary. Bring water and a towel. Meet in the group fitness studio. Please register at the service desk. (120min)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	BOSU Conditioning 6-7a	BODYPUMP 6-7a	Mat Pilates 6-6:50a	BODYPUMP 6-7a	BOSU Conditioning 6-7a	
		Extended Cycle 6-7:15a	Fit Conditioning 6-7a	Extended Cycle 6-7:15a	Sunrise Yoga 6-7a	Step III 9-10a
					Circuit II 6:15-7a	2-Hour Ride 3/27: 9-11a
9 am	BODYPUMP 9:30-10:30a		BODYPUMP 9:30-10:30a		Active Stretch 9:30-9:45a	Cycle 10-11a
10 am	Low Impact Aerobics 10:30-11:30a	Balance & Strength 10:30-11:30a	Grab Bag 10:30-11:30a	Low Impact Aerobics 10:30-11:30a	Balance & Strength 10:30-11:30a	Extreme Core 10-10:30a
Noon	COREsolution Noon-12:15p	Mat Pilates Noon-12:50p		Mat Pilates Noon-12:50p		BODYPUMP 10:20-11:20p
	Cycle Noon-1p	Cycle Noon-1p	Cycle Noon-1p	Cycle Noon-1p	Cycle Noon-1p	BOSU Conditioning 11-Noon
	BOSU Conditioning 12:15-12:45p	Extreme Strength 12:15-1:15p	BOSU Conditioning 12:15-12:45p	Extreme Strength 12:15-1:15p		Yoga Flow 12:15-1:15p
	Yoga Flow 12:15-1:15p		Power Yoga 12:15-1:15p		Yoga Flow 12:15-1:15p	Sunday
4 pm		Yoga I 4-5p	Core and More 4:30-5:15p	Yoga I 4-5p		BOSU Conditioning 11-Noon
	Mat Pilates 4:45-5:35p		Mat Pilates 4:45-5:35p			BODYPUMP 12:30-1:30p
5 pm	Active Stretch 5:30-5:45p	Step II 5:15-6p	BODYPUMP 5:30-6:30p	BODYCOMBAT 5:15-6p	BODYPUMP 5:30-6:30p	Mat Pilates 12:30-1:20p
	Beginning BOSU 5:30-6p	COREsolution 5:45-6p	COREsolution 5:45-6p	Cycle 5:30-6:30p	2-Hour Yoga 3/12: 5:30-7:30p	
	COREsolution 5:45-6p			COREsolution 5:45-6p		
	Power Yoga 5:45-7p					
6 pm	Step I 6-7p	Intro to Boot Camp 3/2: 6-6:30p	Yoga Flow 6-7p	BOSU Conditioning 6-7p	90-Minute Cycle 3/19: 6-7:30p	
	Cycle 6-7p	Cycle 6-7p	Boot Camp 6-7p	ZUMBA 6-7p		
	Boot Camp 6-7p	BOSU Conditioning 6-7p	Boot Camp Plus 3/10: 6-7:30p	After Burn 6:20-7:20p		
		BODYCOMBAT 6-7p	Cycle 6-7p			
		ZUMBA 6-7p				
7 pm	BODYPUMP 7:05-8:05p	RyuTe 7-9p		BODYPUMP 7-8p		
	BODYJAM 7:05-8:05p	Restorative Yoga 7:15-8:15p	BODYJAM 7:05-8:05p 3/3, 3/17 & 3/31	RyeTe 7-9p		
	HIT Sampler Noon- Alyssa 3/15 & 3/22	HIT Sampler 7p- Kris S. 3/16 & 3/23	HIT Sampler 6a- Josh Noon- Mike 3/17 & 3/24	HIT Sampler 6p- Tony 3/18 & 3/25		HIT Sampler Saturday 8a- Sarah 3/20 & 3/27

- Boomers \$ = Cost
- Cardio
- Core/Strength Training
- Les Mills Programs
- Mind/Body
- Special Classes
- Natatorium Aqua
- Alternating Class
- Class Change
- NEW
- Registration Required

ALL THE ABOVE CLASSES ARE FREE TO MEMBERS UNLESS OTHERWISE NOTED.
Please be on time to classes or properly warm up or cool down if you must enter class late or leave early.

Sampler sessions start March 15th

This group training program focuses on short intense bouts of exercise that will enhance muscular strength and maximize caloric expenditure. This high intensity training (HIT) confuses the muscles to keep you from hitting that plateau.

Visit the track desk for more information.



90-Minute Cycle (Level III class)

This is a structured ride that is twice the regular class. It is twice as long and twice as challenging! No headset necessary. Please bring water and a towel. Meet in the group fitness studio. Please register at the service desk. (90 min)

Boot Camp (Level III class)

Boot camp is a challenging and exhausting total body workout that includes resistance training, ab work, cardio and endurance. Bring water. *This class meets every Wednesday except during the week of Boot Camp Plus.* Meet on the sprint lanes weather dependent. (60 min)

Boot Camp Plus (Level III class)

You asked for a hard-core challenge. Add another thirty minutes to this great workout one time each month with Drill Sergeant Steven Kass. Bring water. Meet on the back patio or sprint lanes weather dependent. (90 min)

Cycle (Level I – Level III class)

This high-energy cardiovascular workout uses various performance levels and speeds, allowing you to work at your own pace. Please bring your own FM radio/ headset to hear the instructor. **Saturday Cycle:** *This class meets every Saturday except during the week of 2-Hour Ride.* Meet in the cycle area. (60 min)

Extended Cycle (Level I – Level III class)

This 70+ minute ride has all the benefits of a cycle class with extra endurance thrown in. Finishing with a cool-down and stretching. Please bring your own FM radio/headset to hear the instructor. Meet in the cycle area. (75 min)

Intro to Boot Camp (Level I class)

This challenging 30-minute workout which includes resistance training, cardio & abs, is the same as the hour long class, just shorter in length – perfect for trying it out! Bring water. Meet on the back patio or sprint lanes weather dependent. (30 min)

Step I (Level I class)

Learn the basic step moves in this energetic beginner level class. With great music and easy to learn steps, you will fit right in. Meet on the auxiliary court. (60 min)

Step II (Level II – Level III class)

Keep your heart pumping with increased intensity and intermediate-level choreography plus strength and flexibility training. Meet on the auxiliary court. (60 min)

Step III (Level III class)

Take your step class up a notch with this fast-paced class that features creative and more-complex choreography. This high-intensity cardio class is designed to challenge the very fit. Meet on the auxiliary court. (60 min)

Zumba (Level I – Level III class)

Zumba combines high energy and motivating Latin and International music with unique moves and combinations that allow the Zumba participants to dance away their worries. Meet in the group fitness studio. (60 min)

LES MILLS CLASSES

BODYCOMBAT™ (Level II – Level III class)

This energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by fun music and experienced instructors, this is a high energy cardio workout. Meet on the auxiliary court. (60 min)

BODYJAM™ (Level II – Level III class)

This cardio workout, with an addictive fusion of the latest dance styles and hottest new sounds, puts the emphasis as much on having fun as breaking a sweat. Meet in the group fitness studio. (60 min)

BODYPUMP™ (Level I – Level III class)

Discover the ultimate high-energy, total-body workout using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. Meet on the auxiliary court. (60 min)

STRENGTH TRAINING AND CORE CLASSES

After-Burn (Level III class)

This metabolism-boosting circuit class is designed to maximize your body's own fat-burning potential through improvements in body composition and the "after-burn effect." Meet on the sprint lanes. Please register at the service desk. (60 min)

Beginning BOSU (Level I)

Introducing the BOSU Balance trainer for individuals starting from the beginning. Great way to improve your balance and stability and prepare you for the next level of BOSU training. Meet on the sprint lanes. Please register at the service desk. (30 min)

BOSU Conditioning (Level I – Level III class)

BOSU (Both Sides Utalized) conditioning class incorporates the BOSU Balance Trainer into the entire workout session. The focus is on the whole body - cardiovascular endurance, strength, balance and core stability. All levels of fitness are welcome. Modifications will be given for each exercise to fit your individual fitness level. Meet on the sprint lanes. Please register at the service desk. (60 min)

Circuit II (Level II – Level III class)

Mix strength training with cardiovascular training for a time-efficient, calorie-burning workout. You'll use various fitness props in this fast-moving circuit. Meet at the track desk. (30 min)

Core and More (Level II class)

Improve your core, balance and strength using the stability ball, medicine ball and other props. A solid core workout that will tone and tighten your body. Meet on the auxiliary court. (45 min)

COREsolution (Level I – Level III class)

This core-focused class will tone, tighten and strengthen your mid-section. Noon class on Monday meets in the group fitness studio; all other classes meet on the blue sprint lanes (in front of rowers). (15 min)

Extreme Core (Level I – Level III class)

Enhance your core workout with this 30 min class. Get the same core-focused work-out in an extreme version. Meet in the group fitness studio. (30 min)

Extreme Strength (Level I – Level II class)

Increase muscular strength and endurance with this total body workout. Isolate and define your upper and lower body muscles using hand weights, resistance tubing and bodybars. Meet in the group fitness studio. (60 min)

Fit Conditioning (Level I – Level III class)

This circuit training inspired class includes a mix of cardio and strength training. Meet on auxiliary court. (60 min)

MIND/BODY CLASSES

2-Hour Yoga

This two hour vinyasa class is designed for the intermediate to advanced yoga practitioner. The sequence will be energetic with a constant focus on proper alignment. Class includes all classes of poses: standing, hand balancing, inversions, hip openers, twists and back bends. Meet in the group fitness studio. (120 min)

Mat Pilates (Level I – Level III class)

This class emphasizes the mind-body connection while enhancing and improving posture, muscular balance, strength and flexibility. Meet in the group fitness studio (Tuesday & Thursday noon class meets on the auxiliary court). (50 min)

Power Yoga (Level II – Level III class)

This athletic style of classic and modern yoga builds strength, flexibility and concentration and emphasizes a progressive series of postures commonly synchronized with breath. (Bring Your Mat.) Meet in the group fitness studio. (60 min; Evening class 75 min)

Restorative Yoga (Level I class)

Let go of stress as you sink into a supported stretch. This soothing form of yoga stimulates and soothes glands and organs and uses breath to help warm and lengthen muscles. Poses can help heal the effects of chronic stress and improve your feeling of well-being. (Bring Your Mat.) Meet in the group fitness studio. (60 min)

RyuTe® (Level I – Level II class)

The goal of this ancient life protection art of Okinawa and China is to stop conflict before it starts. In addition to striking, kicking and blocking, RyuTe includes grappling, locking and escape techniques. For more information, contact Richard Cornell at rickac1@sbcglobal.net. Meet on the auxiliary court. (120 min)

Sunrise Yoga (Level I class)

Gently transition into your busy day with this morning yoga class. Work on flexibility and strengthen specific areas to awaken both the mind and body. (Bring Your Mat.) Meet in the group fitness studio. (45 min)

Yoga I (Level I class)

This express class focuses on the names and correct positions of yoga poses. It is great preparation for higher-level yoga classes or as a refresher. (Bring Your Mat.) Meet in the group fitness studio. (45 min)

Yoga Flow (Level I – Level II class)

Yoga Flow is an energetic sequence that stimulates circulation and body heat to open joints and stretch muscles. We focus on breath and observing what is happening in our individual bodies. Beginners are welcome. (Bring Your Mat.) Meet in the group fitness studio. (60 min)

AQUA FIT CLASSES AT THE NATATORIUM

Aqua Fitness Classes

This water-based class is a great way to obtain an all-around strength training workout. Aqua Fitness is a high-intensity, but non-impact aerobic exercise and uses the resistance of the water to give you a great workout. Available in both deep and shallow water. Call 274.3518 to register. 12-Visit Aqua fitness punch pass \$50 (10% discount for NIFS members). For more information visit www.iunat.iupui.edu. Meet at the IU Natatorium. (60 min)

Monday	Tuesday
Aqua Fitness (\$) 8:00 – 9a 5:30 – 6:30p	Aqua Fitness (\$) Noon – 1p 5:30 – 6:30p
Wednesday	Thursday
Aqua Fitness (\$) 8:00 – 9a 5:30 – 6:30p	Aqua Fitness (\$) Noon – 1p 5:30 – 6:30p
Friday	Sat/Sun
Aqua Fitness (\$) 8:00 – 9a	

For more information or to register call 274.3432, ext. 216. Guests may purchase punch passes (\$50/5 days or \$100/10 days) or day passes for \$15 which include group fitness classes. Questions or suggestions? Call Diane Miller, Group Fitness and Program Coordinator, at 274.3432 ext. 264 or email dmiller@nifs.org.