

# Fall 2009

## Group Fitness Class Schedule Glendale Community College North

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	8-9am Cardio Body Pump Latrece		8am Nothin' But Cardio Olivia		
9am	9-10am Step & Pump Vicki	9-10am Nothing But Cardio Ellen	9-10am Cardio Body Pump Olivia	9-10am Kick Box & Abs April	9-10am Cardio Body Pump Olivia
4pm		4-5pm Nothin' But Cardio Olivia		4-5pm Kickbox & Abs Vicki	
5pm		5-6pm Cardio Body Pump Lorrie		5-6pm Cardio Body Pump Erika	<b>Saturday</b>
6pm	6-7pm Cardio Body Pump Lorrie		6-7pm Kickbox & Abs April		7-8am Boot Camp Latrece

### Class Descriptions

**Boot Camp** ~ Athletic training and drills to increase stamina and strength.

**Cardio Body Pump** ~ A muscle strengthening workout that incorporates intervals of high intensity cardiovascular moves with resistance training principles. Includes the use of steps, hand weights, bands and tubing.

**Kickbox & Abs** ~ A variety workout using kickboxing movements to increase stamina, strength, and cardio. Includes abdominal core training.

**Nothin' But Cardio** ~ Following the warm up, an entire class of non-stop cardio to increase cardiovascular endurance. May include step, low-high aerobics, stability ball, etc.

**Step** ~ Using an adjustable platform from 4-12 inches high, students step up and down in a variety of movements for a cardio workout.

**Step & Pump** ~ 30 minutes of step followed by 30 minutes of body sculpting.

