

Conditioning Center Class Descriptions

CIRCUIT

If you are looking for variety, look no further! This class will combine strength conditioning and cardiovascular exercises in a fun format. Meet on the free weight side of the gym.

“Iron Man” Circuit Challenge

A 30 minute circuit class perfect for a “lunch hour” workout. Start at Noon, 12:30 or stay for the entire hour! Meet on the free weight side of the gym.

LIFT AND CYCLE

This class begins with a 20 minute upper body strength workout followed by 20 minutes of cycling. Meet on the free weight side of the gym.

NO LIMITS

An athletic-based cardio/strength interval class which will challenge you with non-stop speed, plyometric and agility drills. There are no limits to what you may do in this class! Meet on the Basketball Court.



CONDITIONING CENTER SCHEDULE



CONDITIONING CENTER PROGRAM SCHEDULE

Beginning February, 2009

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 – 7:00		Circuit		Circuit		Circuit
8:15 – 9:00			Circuit		Circuit	
9:30 – 10:15		Circuit	No Limits – 9:15	Circuit		Circuit
10:30 – 12:00						
11:00 – 12:00	Circuit					
12:00 – 1:00	No Limits 12:30 – 1:30	Circuit	“Iron Man” Circuit Challenge	Circuit	“Iron Man” Circuit Challenge	Lift & Cycle
3:00 – 3:30			Strength Intervals		Treadmill Interval Blast	
5:15 – 6:00						
5:30 – 6:30		Ask “Iron Man”	Circuit		Circuit	
6:00 – 7:30						