# Group Fitness Schedule

**February 24th — March 9th**

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td><strong>BOOT CAMP</strong>&lt;br&gt;5:00PM—6:00PM&lt;br&gt;<em>Power Train</em></td>
<td><strong>MINDFUL MOVEMENT</strong>&lt;br&gt;2:45PM—3:30PM&lt;br&gt;<em>Alaina</em>&lt;br&gt;<strong>ATHLETIC YOGA</strong>&lt;br&gt;4:00PM—5:00PM&lt;br&gt;<em>New Day Yoga and Wellness, LLC</em></td>
<td><strong>YOGA</strong>&lt;br&gt;12PM-1:00PM&lt;br&gt;<em>Becky</em>&lt;br&gt;<strong>SWEAT IT OUT FITNESS</strong>&lt;br&gt;7:30PM—8:30PM&lt;br&gt;<em>Kate</em></td>
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All classes are held in ShipRec Room 107. Class registration is not required and all equipment is provided. Class schedules and descriptions are posted at [www.ship.edu/recreation](http://www.ship.edu/recreation). Class schedules are also recorded on the Rec Hotline (717-477-1561). ShipRec access policies apply.
ATHLETIC YOGA: (New Day Yoga and Wellness, LLC.)
This class is suitable for anyone without yoga experience but who is reasonably fit.

BOOT CAMP: (Power Train)
Boot camp is based on the principle of tabata training which is very effective for spiking the heart rate and helping to burn calories for the remainder of the day. This type of training for one hour is far more effective than walking or running on a treadmill or elliptical for an hour at the same heart rate (steady state).

GLUTE TRAIN: Lower body muscle building exercises for gains and a happy, healthy heart.

LEAN & MEAN: High intensity full body workout built for fat burning effects.

MINDFUL MOVEMENT:
A low key, relaxing class using stretching and meditative exercise that aid in the regeneration of the mind body and spirit. The goal for this class is to compliment your current exercise routine and to slow our bodies down from the constant flow of life.

SWEAT IT OUT FITNESS:
Fast HIIT workout with no or minimal equipment to get your heart rate up and burn some calories.

YOGA:
Increase your strength and flexibility with Yoga. Connect breath with movement as you learn basic Yoga postures, all while choosing your level of difficulty. Beginners to advanced students are welcome.