## Group Fitness Class Schedule

### November 25th – December 1st

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- **Boot Camp**: 1:00pm-2:00pm
- **Dance Fitness**: 4:15-5:15pm
- **Slow, Burn, Strength**: 7:00-8:00pm
- **Mindful Movement**: 3:30-4:15pm
- **Core Circuit**: 4:30-5:00pm
- **Leg & Butt Burner**: 5:00-5:30pm
- **Move, Balance, Breathe**: 12:00-1:00pm
- **Full Body Circuit**: 6:00-7:00pm
- **Sweat It Out Fitness**: 7:30-8:30pm
- **Leg & Butt Burner**: 4:30-5:30pm

All classes are held in ShipRec Room 107. Updated class schedules and any cancellations will be recorded on the Rec Hotline (717-477-1561, prompt 5). The class schedule, class descriptions, and group fitness policies are posted at:  www.ship.edu/recreation.
**Class Descriptions:**

**CORE CIRCUIT**: Multiple circuits will be used to strengthen and develop your core and build better posture, stronger body and overall confidence. There are beginner, intermediate and advanced variations for each movement.

**BOOT CAMP**: The combination of weightless exercises and fat blasting cardio will focus on toning your entire body while having fun.

**DANCE FITNESS**: A high-energy cardio class that uses Latin and international rhythms for fun, easy-to-follow choreographies. Every routine can be adjusted to your desired intensity level.

**FULL BODY CIRCUIT**: Full body circuit workout where your arms, core, and legs are put to the test.

**HIIT MANIA**: Consists of both cardio and strength HIIT workouts that target your upper body, lower body, and core each class. The mix of traditional and nontraditional movements accompanied by upbeat music make for a great, challenging, and fun workout.

**LEG & BUTT BURNER**: Focus on tightening up your hips, legs and glutes to help build strong and lean legs.

**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.

**MOVE, BALANCE, BREATHE**: Mobility class designed to increase body mobility and, subsequently, improve balance and stability. This low intensity, low impact class aids in injury prevention and muscle recovery through corrective exercises that work to fix improper form and exercise techniques.

**SLOW BURN & STRENGTH**: Perfect class for those who want a high intensity, low impact workout. This class works to build strength by isolating muscles through slow, controlled movements.

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