



SUMMER 2018 FITNESS

CLASS	TIMES	DAYS	ROOM	INSTRUCTOR
ABLAB	4:00-4:55p	T/Th	201b	Paolo
SPIN	6:00-6:55p	T/Th	222a	Anastasia
KICKBOXING	5:00-5:55p	T/Th	201b	Sol
WOMEN ON WEIGHTS	11:00a-12:30p	Sat	Weight Rm	Megan/Kamile
ZUMBA	6:00-6:55p	M/W	201b	Alicia
ALL LEVEL YOGA	5:00-5:55p	M/T/W/Th	222a	Sarah
BELLY DANCING	4:00-4:55p	M	201b	Anyelle
VIKING FIT	7:00-7:55a	M/W/F	MAC	John

VIKING FITNESS

Barbell training, olympic weight lifting, high intensity interval training, varied workouts every session. The physical challenges will connect you to the group.

WOMEN ON WEIGHTS WOW

New instructors bring new ideas. Traditional weight training, powerlifting, bodybuilding, olympic weight lifting. FREE!

SPIN

Indoor cycling drills such as intervals, hills and speed work. You will increase your strength and cardio capacity. Appropriate for all fitness levels.

ZUMBA

A fusion of international and Latin music creates a dynamic, exciting, and effective fitness program. Appropriate for all fitness levels.

KICKBOXING

You will develop skills in self-defense. Learn effective techniques in Muay Thai and American boxing. This is a great way to improve your fitness and overall health.

ALL LEVEL YOGA

Based on Hatha yoga which improves balance, strength, flexibility and endurance in a dynamic fitness format. Appropriate for all fitness levels.

AB LAB

AB LAB focuses on trunk intensive movements that are designed to improve overall trunk and hip stability in a dynamic manner. We want our students to build strong, fundamental, movement patterns that carry over to activities of daily life.

BELLY DANCING

Learn basic bellydance steps and body isolations, along with full body strengthening exercises and folk dances from the Middle East. Gain an appreciation for this multicultural dance and its roots, and get fit doing it! All levels welcome.

DEMO WEEK: Try any class for free!
July 2-7

No classes July 4th

On sale at Front Desk starting July 2nd for only \$28
Save your receipt and pick-up your XPass Mon-Fri 8:30am - 4:30pm

Please visit <http://www.wvu.edu/campusrec>

NO REFUNDS