



# SUMMER 2018 FITNESS

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