

# Basic Training Fitness Classes - Schedule

## Effective July 2, 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio - Freestyle 5:35 - 6:20 AM Studio 311 <i>Karen</i>	Muscle Moves - Classic 5:45 - 6:30 AM <i>Bo</i>	Cardio - Freestyle 5:35 - 6:20 AM Studio 311 <i>Karen</i>			
					Cardio - TurboKick 9:00 - 10:00 AM Studio 138 <i>Meredith</i> <i>*No Class 7/6</i>
Cardio - Mix 12:15 - 1:00 PM Studio 311 <i>Joanie</i>	Muscle Moves - Classic 12:15 - 1:00 PM Studio 311 <i>Rob</i>	Cardio - Freestyle 12:15 - 1:00 PM Studio 311 <i>Joanie</i>			
Muscle Moves - PiYo 5:00 - 5:45 PM Studio 311 <i>Deb</i>	Muscle Moves - Cardio Mix 5:00 - 5:45 PM Studio 138 <i>Kathy</i>		Muscle Moves - Interval Training 5:00 - 5:45 PM Studio 311 <i>Kathy</i>		
Cardio - TurboKick 6:00 - 7:00 PM Studio 311 <i>Meredith</i>			Cardio - TurboKick 6:00 - 7:00 PM Studio 311 <i>Meredith</i>		
			Muscle Moves - Mind-Body 7:00 - 8:00 PM Studio 311 <i>Kimberly</i>		



Cycling Schedule on Reverse Side

\*Zumba® schedules available at the  
 UFC Front Desk &  
[www.pennstatehershey.org/ufc](http://www.pennstatehershey.org/ufc)

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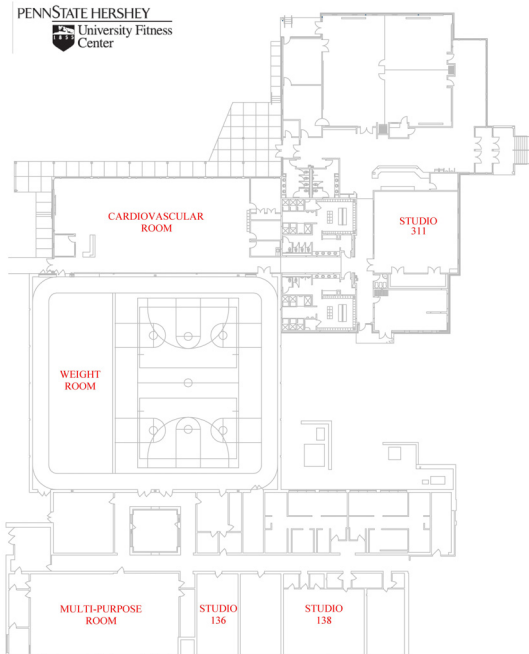


# Basic Training - Cycling Schedule

## Effective July 2, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio - Cycling 5:45 - 6:30 AM Teresa *Michelle teaching 7/15		Cardio - Cycling 5:45 - 6:30 AM Bo *Bob teaching 7/31		
	Cardio - Cycling 12:15 - 1:00 PM Jonelle	Cardio - Cycling 12:15 - 1:00 PM Linda	Cardio - Cycling 12:15 - 1:00 PM Louise	Cardio - Cycling 12:15 - 1:00 PM Zach *No Class 7/5
	Cardio - Cycling 5:45 - 6:30 PM Zach			

### Basic Training Class Descriptions



Cardio - Cycling	Ride may include hills, jumps, flat roads a possible sprint to the finish line!	Bo, Bob, Jonelle, Linda, Louise, Rob, Sherry, Teresa, Zach
Cardio - Freestyle	Mixed hi-lo and athletic sport style	Joanie, Karen
Cardio - TurboKick	Kickboxing	Meredith
Muscle Moves - Cardio Mix	Best of both worlds with 20 minutes of cardio and 20 minutes of resistance and mat work.	Joanie, Kathy, Laura
Muscle Moves - Classic	Calisthenics and studio weight training to condition major muscle groups using a variety of props.	Bo, Rob
Muscle Moves - Interval	Tabata style workout with short, intense intervals to maximize conditioning in minimal time	Kathy
Muscle Moves - Mind-Body	Pilates and yoga inspired fitness workout	Kimberly
Muscle Moves - PiYo Strength	Combines Pilates, Yoga, strength conditioning, flexibility and dynamic balance.	Deb

\* Please note: All Basic Training & Cycling Classes with 3 people or less are held at the discretion of the instructor and repeatedly low attended classes may be dropped from the schedule.