

Group Fitness Calendar

Monday				Tuesday				Wednesday					
GF	12:00p	Employee Aerobics	Henry	S	6:45a	Spin	Caitlyn	GF	12:00p	Employee Aerobics	Henry		
GF	4:00p	Core (abs)	LB	GF	12:00p	Tone	Steffani	GF	4:00p	Pound	Lauren		
GF	5:00p	Yoga	Sarah	GF	4:00p	Happy Hoops	Olivia	GF	5:00p	Yoga	Sarah		
S	5:30p	Spin	Sarah	GF	5:00p	Zumba	Ashley	S	5:30p	Spin	Kira		
Thursday				Friday					Saturday				
S	6:45a	Spin	Caitlyn	S	6:45a	Spin		Olivia		No classes currently scheduled on this date			
GF	2:45p	Hip Hop Cardio	Cameron	GF	12:00p	Employee - Yoga		Henry					
GF	4:00p	Sculpt	Seth	GF - Group Fitness Room S - Spin Studio									
GF	5:00p	Zumba	Courtney										

CLASSES

- **Spinning®** - Pedaling to the beat in a dark, nonjudgmental environment lets you torch calories & test your body.
- **Core** - Thirty minutes is all you need to whittle your middle & increase strength in the abs, back, & glutes.
- **Zumba** - This class combines Latin and international rhythms with cardio to create an aerobic routine.
- **Yoga** - This class focuses on improving flexibility & balance. Includes pose variations appropriate for all levels.
- **Pound™** - Full body cardio jam session, combining light resistance with constant drumming. Fusion of cardio, Pilates, isometric movements, and plyometrics all while rocking out to your favorite music!
- **Sculpt** - Basic muscular conditioning using resistance, benches, dumbbells, and barbells.
- **Hip Hop Cardio** - The latest club moves with the best music grooves around, all broken down into a step-by-step format. One song fully choreographed each class. You'll sweat before you know it!
- **Happy Hoops** - Cardio dance hoop class that helps achieve fitness goals while having fun.
- **Boot Camp** - Get ready to sweat by combining intervals of cardio drills and muscle conditioning for the ultimate circuit workout.
- **Tone** - Get lean by working in cardio and high repetition exercises.

INFORMATION

- Rates per class:
 - Student & Employee - **Free!!!**
 - Member/Alumni - \$5.00
 - Non-Member- \$7.00
- Package rates are as listed:
 - 10 sessions for \$50 or unlimited semester \$99.
- Classes are on a first come, first serve basis. Number cards are given at the SAC desk 20 minutes before start of class.
- Group Fitness passes are only valid in the semester they are purchased and are non-refundable.

Web www.lipscomb.edu/campusrecreation

Phone 615.966.5860

Email campusrecreation@lipscomb.edu



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