**GROUP FITNESS SCHEDULE**

**Student Recreation Center**

**NO PASS REQUIRED**

**Monday**
- **PIRATE XT**
  - XT Court
  - 6:30-7:30AM
- **BODYCOMBAT**
  - Studio 240
  - 12:05-12:50PM
- **BODYFLOW**
  - Studio 240
  - 6:00-7:00PM
- **TRAINERS CHOICE BOOTCAMP**
  - XT Court
  - 7:00-7:45PM
- **ZUMBA**
  - Studio 239
  - 8:00-9:00PM
- willPower Method
  - Studio 240
  - 8:00-9:00PM

**Tuesday**
- **YOGA**
  - Yoga Studio
  - 6:00-7:00PM
- **BODYFLOW**
  - Studio 239
  - 6:00-7:00PM
- **POUND**
  - Studio 239
  - 6:00-7:00PM
- **SH'BAM**
  - Studio 240
  - 6:30-7:00PM
- **MEDITATION**
  - Studio 239
  - 7:00-8:00PM
- willPower Method
  - Studio 240
  - 8:00-9:00PM

**Wednesday**
- **YOGA**
  - Yoga Studio
  - 6:00-7:00PM
- **BODYFLOW**
  - Studio 240
  - 6:15-7:00PM
- **POUND**
  - Studio 239
  - 8:00-9:00PM
- **SH'BAM**
  - Studio 240
  - 6:30-7:00PM
- **MEDITATION**
  - Studio 239
  - 7:05-8:00PM
- willPower Method
  - Studio 240
  - 8:00-9:00PM

**Thursday**
- **YOGA**
  - Yoga Studio
  - 5:00-6:00PM
- **YOGA**
  - Yoga Studio
  - 6:00-7:00PM
- **POUND**
  - Studio 240
  - 6:00-7:00PM
- **SH'BAM**
  - Studio 239
  - 8:00-9:00PM
- **MEDITATION**
  - Studio 239
  - 7:05-8:00PM
- willPower Method
  - Studio 240
  - 8:00-9:00PM

**Friday**
- **YOGA**
  - Yoga Studio
  - 7:00-8:00AM
- **YOGA**
  - Yoga Studio
  - 6:30-7:30AM
- **POUND**
  - Studio 240
  - 6:00-7:00PM
- **SH'BAM**
  - Studio 239
  - 8:00-9:00PM
- **MEDITATION**
  - Studio 239
  - 7:05-8:00PM
- willPower Method
  - Studio 240
  - 8:00-9:00PM

**Special Events**
- **Adventure Fitness Pass (3/26-4/26 Mon & Thur)**
  - **Week 1: Climbing**
    - 3/26: 5:00-6:00pm Wall
    - 3/29: 5:00-6:00pm Wall
  - **Week 2: Canoeing**
    - 4/2: 5:00-6:00pm SRC Pool
    - 4/5: 5:00-7:00pm Tar River
  - **Week 3: Backpacking**
    - 4/9: 5:00-6:00pm SRC Track
    - 4/12: 5:00-7:00pm Greenway
  - **Week 4: Kayaking**
    - 4/16: 5:00-6:00pm Pool
    - 4/19: 5:00-7:00pm Tar River
  - **Week 5: SUP Yoga**
    - 4/26: 5:00-7:00pm SRC Pool

**For schedules and more information visit ecu.edu/crw. Reserve your class spot at crwregistration.ecu.edu**

**Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at 252.737.1016 (voice/TTY)**

**RESERVE YOUR CLASS SPOT AT**

For schedules and more information visit ecu.edu/crw. Reserve your class spot at crwregistration.ecu.edu

252.328.6387  www.ecu.edu/crw
## GROUP FITNESS SCHEDULE
**Spring 2018**
**March 12 - May 4**

Health Sciences Student Center

**NO PASS REQUIRED**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:05-12:50PM</td>
<td><strong>BODYPUMP 45</strong> Studio</td>
<td><strong>ULTRA BARRE</strong> Studio</td>
<td><strong>BODYATTACK</strong> Studio</td>
<td><strong>BODYPUMP 45</strong> Studio</td>
<td><strong>PIRATE XT</strong> Room</td>
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<tr>
<td>3:00-3:45PM</td>
<td><strong>TEAM ATTACK</strong> XT Room</td>
<td><strong>ZUMBA</strong> Studio</td>
<td></td>
<td><strong>BODYATTACK 45</strong> Studio</td>
<td><strong>POUND</strong> XT Room</td>
</tr>
<tr>
<td>4:00-5:00PM</td>
<td><strong>YOGA</strong> Studio</td>
<td></td>
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<td><strong>PIRATE XT</strong> Room</td>
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<td><strong>YOGA</strong> Studio</td>
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</tr>
<tr>
<td>7:00-7:45PM</td>
<td><strong>TRAINERS CHOICE BOOTCAMP</strong> XT Room</td>
<td><strong>BODYPUMP</strong> Studio</td>
<td></td>
<td><strong>TEAM ATTACK</strong> XT Room</td>
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</tr>
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**Special Events**

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  - 4/12: 5:00-7:00pm Greenway

- **Week 4: Kayaking**
  - 4/16: 5:00-6:00pm Pool
  - 4/19: 5:00-7:00pm Tar River

- **Week 5: SUP Yoga**
  - 4/23: 5:00-7:00pm NRC
  - 4/26: 5:00-6:00pm SRC Pool

**For schedules and more information visit ecu.edu/crw. Reserve your class spot at crwregistration.ecu.edu**

**Ultra Barre:** A fusion of ballet barre and dance conditioning that will strengthen, lengthen and tone your muscles. It is an innovative and fun class that is based on ballet barre work combined with arm and leg exercises to provide a full body workout.

**Zumba®:** Perfect for Everybody and every body! Each Zumba® class is designed to bring people together to sweat it out. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**SH'BAM™:** A fun-loving, insanely addictive dance workout. SH'BAM™ is an all-inclusive zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – come if you walk, in thinking you can’t, you’ll walk out knowing you can!

**POUND®:** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercise, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio drumming, and strength training with yoga and pilates-inspired movements.

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