

# **UAlbany Aerobics**

## FALL 2009 SCHEDULE

**BEGINS: SEPTEMBER 7<sup>TH</sup>, 2009**

Land	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sunday
5:30pm	Yoga	Will Power & Grace	Pilates	Zumba			
6:25pm	Renee	Carissa	Renee	Megan			
6:30pm	Hip Hop		Hip Hop	Hip Hop			Bootcamp
7:25pm	Melissa		Adaeze	Melissa			Desiree
7:30pm				Will Po & Grace			Kickboxing
8:25pm				Carissa L			Beth

### Aqua

	Aqua	
7:00 pm	Action	Aqua Action
8:00 pm	7-8:00pm	7:00-8:00pm

*All Group Exercise & Aerobic Dance classes have one uniform fee.*

*Access Cards required to participate in all classes.*

*(12 Class Access Card: \$60) (6 Class Access Card: \$36) (Walk-In Fee: \$7/class)*

*Access Cards sold at the Member Service Office (open 9am-9pm)*

*Member Service Office (RACC/SEFCU ARENA) 518-437-3739*

***\*Questions/Comments/Suggestions?***

***\*Interested in Faculty Only Aerobics?***

***Contact us! [Groupexercise@uamail.albany.edu](mailto:Groupexercise@uamail.albany.edu)***

***\* Visit/Join our Facebook Group – UAlbany Aerobics***

***\*Visit us - UAlbany Athletic Website [www.albany.edu/recreation](http://www.albany.edu/recreation)***

***\*Sponsored by University at Albany Athletic Department***

## ***Descriptions of classes:***

**Kickboxing** combines boxing punches and karate kicks targeting the larger muscles, abs, and gluteus for a great fat-burning workout. Class finishes with abdominal and lower back exercises.

**Boot Camp** combines high intensity periods of cardiovascular work with strength moves and will enable you to discover the immense benefits of interval training. Be prepared to do pushups, squats, lunges, and some kickboxing.

**Yoga** class will energize and relax you, while strengthening muscles and improving flexibility. Yoga clears the mind, and rejuvenates the body. This class will teach postures, breathing, and relaxation techniques.

**Pilates** is a mind-body class that offers a unique combination of flexibility and strength exercises using the Pilates method and callisthenic principles. This class will sculpt muscles, improve posture and provide flexibility and balance to create a more streamlined shape!

**Hip-Hop** aerobics is a fun, energetic way to burn calories, gain endurance, build muscle, learn rhythm and new dance steps!

**Will Power & Grace** emphasizes posture and technique in movements which incorporate arms, hips, chest and abs.

**ZUMBA** uses a fusion of Latin and International music dance themes to create a dynamic, exciting, effective fitness system.. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is a “feel-happy” workout that is great for both the body and the mind.

**Water Aerobics** helps to increase your muscle strength, endurance and balance, while putting less stress to your joints.