



UAlbany Group Exercise: Fall 2010



Looking to get fit?

General Schedule

(Open to General Public, Faculty, Staff, Alumni, & Students) Classes Start the week of 9/6/2010!

Land Location: Physical Education Dance Studio (3rd Floor) Aqua Location: P.E. Pool (Basement)

Land	Monday	Tuesday	Wednesday	Thursday
12 -12:55 PM				Zumba
5:30 -6:25 PM	Yoga		Pilates	Nia
6:30- 7:25 PM	Outdoor Bootcamp	Jump rope	Zumba	
7:30 -8:25 PM		Kickboxing		Kickboxing

Aqua	Sunday	Monday	Tues	Wednesday
7:00 -8:00 PM		Aqua Action		Aqua Action
7:30 -8:25 PM	Water Kickboxing			

Empire Commons Schedule

(Open to Empire & Freedom Students)

	Thursday
8:30 – 9:25 PM	Willpower & Grace

East Campus Schedule

(Open to East Campus Faculty, Staff, and Graduate students)

	Tues	Wed	Thursday
12:00 – 12:55 PM	Zumba Location: Auditorium		
5:30 – 6:25 PM			Willpower & Grace Location: 'A' Wing Gym

Sponsored by University at Albany Athletic Department
See Back of flyer for more details on all offerings!!

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

Contact us! Grouplexercise@uamail.albany.edu

Visit/Join our Facebook Group: UAlbany Aerobics

UAlbany Athletic Website: www.ualbany.com

Click on Athletic Dept: Recreation & Intramurals

Aquatics: Aquatics@uamail.albany.edu

Fitness Center/Open Rec: Recreation@uamail.albany.edu

Descriptions of classes:

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!

Cardio 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.

Yoga: is a form of exercise that uses slow movements and stretching. The class will assist in increasing flexibility and balance, while relieving stress and relaxing the body.

Aqua Action: helps increase your muscle strength, endurance and balance, while putting less stress to your joints.

Zumba is a fusion of Latin and International music - dance themes that 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.

Nia: Is dancing system we use to integrate the sensations of healthy movements into every aspect of living. It is a dance that weaves together sound and silence, action and inaction, and perception and reality. Its movements are based on the Body’s Way, but its forms of expression are limitless. Instead of being driven by longstanding habits, you begin to change these conditioned responses into conscious, intentional actions.

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.

Water Kickboxing This class is similar to the bootcamp the cardio kickboxing in that it combines high intensity periods of cardiovascular work with strength moves. Be prepared to do water pushups, water weights segments, and lots of kickboxing.

Jump Rope: Learn how to jump rope for fun and fitness. In this class, you will learn how to jump correctly, safely and efficiently to get an amazing high-intensity cardiovascular workout.

willPower & grace® is a sweaty, dynamic fusion of the fitness industry’s most popular (and most effective) group exercise programs. This workout is the ideal cardiovascular solution for mind-body practitioners. It’s equipment-free; barefoot, and infused with positive, strengthening philosophy. willPower & grace® is not just a class, it is a discipline; an easy-to-follow, strong and focused program for students of all levels. We set goals and attain them, to ensure progression. Furthermore, through cardiovascular barefoot training we develop ankle, knee and hip stabilization to facilitate good movement and prevent injury. Over time willPower & grace® will help us stand taller, walk with greater confidence, and function with agility.