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## Class Descriptions

### **Spinning**

A 45– minute class set to music that takes you on a individual journey over fast flats, exciting intervals, and hills.

### **Spin/Core**

A 30 min. Spinning Class +  
15 min. of Core exercise =  
Great Workout

### **Yoga**

A class featuring the ancient practice of Yoga. A series of postures to improve flexibility and strengthen the body as well as the mind.

### **Yogilates**

Yoga + Pilates = Yogilates  
The benefits of Yoga and Pilates blended seamlessly into one class.

### **Circuit**

A 45-minute class where various exercise are performed over a given time. Giving you a great total body workout!

### **Awesome Abs**

A 15 -minute class designed to strength and stabilize your core muscles.

### **Kickboxing**

A traditional martial arts inspired workout that includes a non-stop routine of kicks, punches, and defense moves giving you an incredible cardio workout

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### **Fitness Center Hours**

*Monday-Thursday: 6:30AM-9:00PM*

*Friday: 6:30AM-7:00PM*

*Saturday: 9:30AM-4:00PM*

*Sunday: 11:00AM-7:00PM*



**Emerson College Fitness  
Little Building  
Lower Level  
80 Boylston Street**

## **Emerson College Fitness**

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## **Group Fitness Schedule**

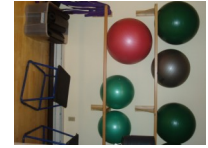
**Phone: 617-824-8692**

**E-mail:**

**Ronald\_Smithers@emerson.edu**



# September 2009



**Sign up one day in advance  
for any class!!!**

Mon	Tue	Wed	Thu	Fri	Sat
		2	3	4	5
7	8 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Kickboxing w/Jenna</b> <u>6:00-6:45 (PM)</u>	9 <b>Awesome Abs</b> <u>7:30-7:45 (AM)</u> <b>Yoga w/Debbera</b> <u>12:15-1:15 (PM)</u>	10 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Circuit Training</b> <u>6:00-6:45 (PM)</u>	11 <b>Vinyasa Yoga</b> <b>w/Kristen</b> <u>12:00-12:45 (Noon)</u>  <b>Awesome Abs</b> <u>5:00-5:15 (PM)</u>	12
14 <b>Yogilates w/Tovah</b> <u>11:00-11:45 (AM)</u> <b>Cardiosculpt w/Carrie</b> <u>5:30-6:30 (PM)</u> <b>Kickboxing w/Ben</b> <u>7:00-7:45 (PM)</u>	15 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Kickboxing w/Jenna</b> <u>6:00-6:45 (PM)</u>	16 <b>Awesome Abs</b> <u>7:30-7:45 (AM)</u> <b>Yoga w/Debbera</b> <u>12:15-1:15 (PM)</u> <b>Energy Yoga w/Amy</b> <u>6:30-7:15 (PM)</u>	17 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Circuit Training</b> <u>6:00-6:45 (PM)</u> <b>Kitckboxing w/Ben</b> <u>7:00-7:45 (PM)</u>	18 <b>Vinyasa Yoga</b> <b>w/Kristen</b> <u>12:00-12:45 (Noon)</u>  <b>Awesome Abs</b> <u>5:00-5:15 (PM)</u>	19 <b>Metabolic Circuit</b> <u>11:00-11:45 (AM)</u>
21 <b>Yogilates w/Tovah</b> <u>11:00-11:45 (AM)</u> <b>Cardiosculpt w/Carrie</b> <u>5:30-6:30 (PM)</u> <b>Kickboxing w/Ben</b> <u>7:00-7:45 (PM)</u>	22 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Kickboxing w/Jenna</b> <u>6:00-6:45 (PM)</u>	23 <b>Awesome Abs</b> <u>7:30-7:45 (AM)</u> <b>Yoga w/Debbera</b> <u>12:15-1:15 (PM)</u> <b>Energy Yoga w/Amy</b> <u>6:30-7:15 (PM)</u>	24 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Circuit Training</b> <u>6:00-6:45 (PM)</u> <b>Kitckboxing w/Ben</b> <u>7:00-7:45 (PM)</u>	25 <b>Spinning</b> <u>7:00-7:45 (AM)</u> <b>Vinyasa Yoga</b> <b>w/Kristen</b> <b>@P-Row MPR</b> <u>12:30-1:15 (PM)</u>	26 <b>Spinning</b> <u>11:00-11:45 (AM)</u>
28 <b>Yogilates w/Tovah</b> <u>11:00-11:45 (AM)</u> <b>Cardiosculpt w/Carrie</b> <u>5:30-6:30 (PM)</u> <b>Kickboxing w/Ben</b> <u>7:00-7:45 (PM)</u>	29 <b>Spinning</b> <u>7:30-8:15 (AM)</u> <b>Spin/Core</b> <u>12:00-12:45 (PM)</u> <b>Kickboxing w/Jenna</b> <u>6:00-6:45 (PM)</u>	30 <b>Awesome Abs</b> <u>7:30-7:45 (AM)</u> <b>Yoga w/Debbera</b> <u>12:15-1:15 (PM)</u> <b>Energy Yoga w/Amy</b> <u>6:30-7:15 (PM)</u>			