**U-Move Fitness Course Guide**

**Fall 2015**

**Classes begin at approximate posted times; not “Michigan time.” Check website for changes.**

**Free Week! September 8–14 (see website for schedule)**

### CCRB Central Campus Recreation Building

#### MONDAYS
8:00 AM  Zumba Step         Tricia  3275  
9:00 AM  Zumba Toning        Tricia  3275  
11:30 AM Kundalini Yoga      Victoria  3060  
3:00 PM  Power Yoga          Vivianne  3275  
4:00–4:30 PM Tabata-Bing Tabata-Boom  Bob  3060  
4:00 PM  Beginner Pilates    Amy H  3275  
4:15 PM  Beginner Tennis M/W** (9/14–10/7)  Charles  3275  
4:30–4:50 PM Ab Lab          Bob  3060  
5:00 PM  Intermediate Pilates  Amy H  3060  
5:00 PM  Bootcamp            Bob  3275  
5:15 PM  Intermediate Tennis M/W** (9/14-10/7)  Charles  3275  
5:30–6:00 PM WERQ            Katy  3275  
6:00 PM  Beginning Swim 1 (PE140) M/W** **  Nancy  3060  
7:00 PM  Tabata/Yoga          Shivani  3060  
7:00 PM  PiYo                 Katy  3275  
8:00 PM  Beginning Swim 2 (PE141) M/W** **  Nancy  3060  
8:30–9:00 PM  New! Active Recovery  Katy  3060  
8:00 PM  Zumba               Hannah  3275  
8:00 PM  Intermediate Swim (PE142) M/W** **  Chris  3060  
8:30–9:00 PM  New! Foam Roller Workout  Van  3060  
9:00 PM  Capoeira             Van  3060  
9:00 PM  DanceJam             Courtney  3275  
9:00 PM  Masters Swim        Chris  3060  

#### TUESDAYS
7:30 AM  Bootcamp            Jo  3275  
8:30 AM  20-20-20             Jo  3275  
11:00 AM Hot Vinyasa Yoga    Danielle R  3060  
12:00 PM Kettlebell          Laura  3060  
12:30 PM Yoga for Anxiety/Depression  Amy U  3275  
1:00–1:30 PM Ab Lab           Laura  3060  
3:00 PM  Zumba                Elena  3275  
4:00 PM  Kettlebell           Bob  3275  
4:15–5:15 PM DanceJam        Caroline  3275  
5:00 PM  Butts ‘n Guts        Bob  3275  
5:30–6:40 PM Arms ‘n Abs      Kelly  3060  
6:00 PM  Kickboxing           Kelly  3275  
6:00 PM  New! Water Workout   Carolyn  3275  
7:00 PM  Hot Vinyasa Yoga     Bethany  3050  
7:30 PM  Hip Hop Cardio       Meri  3275  
7:00 PM  Beginning Swim 1 (PE140) T/TH**  Melanie  3060  
8:00 PM  New! Body Weight Training  Akshay  3275  
8:00 PM  Beginning Swim 2 (PE141) T/TH**  Melanie  3060  
8:30–9:30 PM  New! Active Recovery  Akshay  3275  

#### WEDNESDAYS
9:30 AM  New! Gentle Yoga    Amanda  3050  
11:00 AM  Zumba               Carol  3060  
12:00 PM  New! Body Weight Training  Jo  3060  
1:00 PM  New! BGUS Circuits   Jo  3060  
2:00 PM  20-20-20             Shruti  3060  
3:00 PM  Butts ‘n Guts        Bob  3060  
3:00–4:30 PM  New! Yoga Core  Van  3060  
4:00 PM  Kettlebell           Bob  3275  
4:15 PM  Beginner Tennis M/W** (9/14–10/7)  Charles  3275  
4:30 PM  New! Step’n Muscle   Ramona  3275  
5:15 PM  Intermediate Tennis M/W** (9/14-10/7)  Charles  3275  
5:30–6:00 PM  New! Active Recovery  Ramona  3275  
5:45 PM  Body Sculpt          Vicky  3060  
6:00 PM  Beginning Swim 1 (PE140) M/W** **  Nancy  3060  
6:00–7:30 PM Vinyasa Yoga    Kayla  3275  
6:30 PM  DanceJam             Vicky  3060  
7:00 PM  Beginning Swim 2 (PE141) M/W** **  Nancy  3060  
7:30–8:45 PM  New! Yoga for Relaxation  Danielle F  3275  
8:00 PM  Zumba                Anjali  3275  
8:00 PM  Intermediate Swim (PE142) M/W** **  Chris  3060  
9:00 PM  New! Yoga for Relaxation  Danielle F  3275  
9:30 PM  New! Masters Swim    Alicia  3060  

#### THURSDAYS
11:00 AM  Kickboxing          Ramona  3275  
12:00–1:00 PM  New! Active Recovery  Ramona  3275  
12:00 PM  New! Gentle Yoga (note location)  Amanda  555 S Forest  
12:30 PM Beginner Yoga        Amy U  3275  
1:00 PM  Zumba                Camille  3275  
3:00 PM  Kundalini Yoga       Victoria  3060  
4:00 PM  INSANITY              Kayla  3060  
4:00 PM  Bootcamp             Bob  3275  
5:00 PM  Kettlebell           Bob  3060  
5:00 PM  CrossFit             Mandie  3275  
6:00 PM  Yoga Core            Kayla  3275  
6:00 PM  New! DanceJamStretch  Gabriella  3060  
6:00 PM  New! Water Workout   Carolyn  3275  
7:00 PM  Bootcamp             Akshay  3060  
7:00 PM  Zumba Toning         Carol  3275  
7:30 PM  Beginning Swim 1 (PE140) T/TH**  Melanie  3060  
8:00–9:30 PM  New! Foam Roller Workout  Akshay  3060  
8:00 PM  New! R.I.P.P.E.D.     Kaleigh  3275  
8:00 PM  New! Beginning Swim 2 (PE141) T/TH**  Melanie  3060  
8:30–9:30 PM  New! Functional Training  Akshay  3060  
9:00 PM  New! Yoga for Health & Wellness  Billie  3060  

#### FRIDAYS
7:30 AM  Super Circuits       Laura  3060  
7:30 AM  Sunrise Vinyasa Yoga  Danielle R  3275  
8:30 AM  Kettlebell           Laura  3060  
8:30 AM  Power Yoga           Danielle R  3275  
11:30 AM Body Sculpt          Jo  3060  
12:30–1:00 PM  New! Foam Roller Workout  Jo  3060  
1:00 PM  Hot Vinyasa Yoga     Bethany  3060  
1:00 PM  20-20-20             Jo  3060  
2:30 PM  DanceJamStretch      Gabriella  3275  
3:00 PM  Kettlebell           Bob  3060  
4:00–4:30 PM HIIT!            Bob  3060  
4:00 PM  Zumba                Courtney  3275  
4:30–5:00 PM  New! Body Weight Training  Bob  3060  
5:00 PM  New! Swing with Hat Salsa  Peter/Linda  3275  
5:00 PM  PiYo                  Kaleigh  3275  
7:00–7:30 PM Tabata-Bing Tabata-Boom  Van  3275  
7:30–8:45 PM  New! Tabata-Bing Tabata-Boom  Van  3275  
8:00 PM  20-20-20             Van  3060  

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Classes begin at approximate posted times; not "Michigan time." Check website for changes.

Free Week! September 8–14 (see website for schedule)

**CRRB  Central Campus Recreation Building**

**Saturdays**

11:00 AM  **Now!** Zumba Kids Jr (ages 4-6)*  Tricia  3060
12:00 PM  Kundalini Yoga for Anxiety/Depression  Victoria  3060
1:00 PM  Zumba Toning  Tricia  3275
2:00 PM  **Now!** Zumba Sentao  Billie  3275
3:00-3:30 PM  Tabata-Bing Tabata-Boom  Van  3060
3:30 PM  Bootcamp  Van  3060
4:00 PM  **Now!** Meditation for Mental Sharpness  Billie  3275
4:30-5:00 PM  Ab Lab  Van  3060
5:00 PM  Body Sculpt  Van  3060
5:00 PM  **Now!** Yoga for Stress & Vitality  Billie  3275
6:00 PM  Zumba  Camille  3275

**Sundays**

12:00 PM  Hatha Yoga  Vivianne  3060
12:00 PM  Zumba  Angel  3275
1:00-1:30 PM  **Now!** Active Recovery  Van  3060
1:00 PM  DanceJam  Rachel  3275
1:30 PM  Body Sculpt  Van  3060
2:00 PM  Hip Hop Cardio  Rachel  3275
3:00 PM  Vinyasa Yoga  Danielle F  3275
4:00 PM  Zumba  Camille  3275
7:00 PM  Kundalini Yoga for Sleep  Victoria  3060

**CPR/AED & First Aid Certification Classes**

**Sundays: Sept 13 - Oct 25**

8:00 AM–12:00 PM  Sunday, September 13  cancelled  Kerry  3040
8:00 AM–12:00 PM  Sunday, September 20 (Professional Rescuer)  Kerry  3040
8:00 AM–12:00 PM  Sunday, September 27  Kerry  3040
8:00 AM–12:00 PM  Sunday, October 11  Kerry  3040
8:00 AM–12:00 PM  Sunday, October 25  Kerry  3040
8:00 AM–12:00 PM  Sunday, November 8  Kerry  3040

**ACE Group Fitness Instructor Prep Course**

4:30-6:00 PM  Learn how to teach exercise classes! (Get details online.)  Andrew  3050

**Golf Classes**

**Saturdays: Sept 12 - Oct 10**

4:00 PM  Beginner Golf  All classes held at Miles of Golf, 3113 Carpenter Road, Ypsilanti
5:15 PM  Intermediate Golf  

**NCRB  North Campus Recreation Building**

**Sundays**

3:00 PM  20-20-20  Van  230

**Yost Ice Arena**

**Wednesdays: Oct 7 - Nov 11**

11:00-11:50 AM  Learn to Skate*  Kevin

**Children’s Swim Lessons**

**Sundays: Sept 27 - Nov 22**

10:15-10:45 AM  Beginning Swim 1 (ages 4-6)*  Alicia  NCRB Pool
10:15-10:45 AM  Beginning Swim 1 (ages 7-10)*  Chris  NCRB Pool
10:45-11:10 AM  Beginning Swim 2 (ages 7-10)*  Alicia  NCRB Pool
10:45-11:10 AM  Beginning Swim 2 (ages 11-14)*  Chris  NCRB Pool

**Free Classes!**

Watch our homepage for free drop-in classes during Fall Break (Oct 19-20) and during Finals Fitness Frenzy (Dec 15-18)

**Fitness Appreciation Day**

Wednesday, December 16  5-7 pm

Watch website for details.

**Workshops – Free with FitPass!**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon, Sept 14</td>
<td>5:15 PM</td>
<td>What to Eat Pre/Post Exercise</td>
<td>Marissa</td>
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<td>Mon, Sept 21</td>
<td>5:15 PM</td>
<td>Holistic Healthcare</td>
<td>Robin</td>
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<tr>
<td>Tues, Sept 22</td>
<td>6:00 PM</td>
<td>Yoga for Digestive Health</td>
<td>Vivianne</td>
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<td>Tues, Sept 29</td>
<td>6:00 PM</td>
<td>How to Do a Proper Vinyasa</td>
<td>Danielle R</td>
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<td>Mon, Oct 5</td>
<td>5:15 PM</td>
<td>How to Eat Healthy in Dorms</td>
<td>Marissa</td>
<td>3050</td>
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<td>Tues, Oct 13</td>
<td>6:00 PM</td>
<td>Yoga for Deep Sleep</td>
<td>Vivianne</td>
<td>3060</td>
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<td>Mon, Oct 26</td>
<td>5:45 PM</td>
<td>Fitness as a Journey</td>
<td>Vicky</td>
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<td>Tues, Nov 3</td>
<td>6:00 PM</td>
<td>Yoga and Meditation</td>
<td>Billie</td>
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<td>Tues, Nov 10</td>
<td>6:00 PM</td>
<td>Reiki and Restorative Yoga</td>
<td>Robin</td>
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<td>Tues, Nov 17</td>
<td>6:00 PM</td>
<td>Yogic Chakra</td>
<td>Billie</td>
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<td>Mon, Nov 23</td>
<td>6:00 PM</td>
<td>Staying Healthy During Flu and Holiday Seasons</td>
<td>Marissa</td>
<td>3050</td>
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<td>Tues, Dec 1</td>
<td>6:00 PM</td>
<td>Graceful Transitions: The Space In Between</td>
<td>JT</td>
<td>3050</td>
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**Available for academic credit. Check with your advisor before registering.