

Summer I

# Poly Fitness

Classes run June 1 - July 2

Monday	Tuesday	Wednesday	Thursday
<u>6:10-7:10am</u> Xtra Strength <i>Jen</i>	<u>6:00-6:45am</u> Aqua <i>Jen</i>	<u>6:10-7:10am</u> Cycle <i>Jen</i>	<u>6:00-6:45am</u> Aqua <i>Jen</i>
	<u>6:30-7:30am</u> Yoga <i>Kristen</i>		<u>6:30-7:30am</u> Yoga <i>Kristen</i>
<u>12:00-1:00pm</u> Cardioboxing <i>Britny</i>	<u>12:15-1:00pm</u> Aqua	<u>12:00-1:00pm</u> Body Sculpting <i>Britny</i>	<u>12:15-1:00pm</u> Aqua
		<u>12:15-1:00pm</u> Aqua	
<u>5:15-6:15pm</u> Aqua	<u>5:15-6:15pm</u> Cardioboxing <i>Britny</i>	<u>5:15-6:15pm</u> Aqua	<u>5:15-6:15pm</u> Cardio Fusion <i>Lynee</i>

**Aqua:** Experience a great cardio workout in the water. Use dumbbells, kickboards the resistance of the water to push your workout to the next level.

**Body Sculpting:** Tone each muscle group using a variety of equipment.

**Cardioboxing:** An invigorating workout to improve both cardiovascular and muscular conditioning.

**Cardio Fusion:** Mix up your cardio with a little muscle. This class will pump up your heart rate and keep you on your toes by varying your cardio and weights workout each week.

**Cycle:** Enjoy this intense cardio workout while spinning at your own fitness level. This class is great for beginners to advanced (stationary bikes).

**Xtra Strength:** Use body bars and hand weights to build muscular strength and endurance; more intense than body sculpting.

**Yoga :** A challenging, physical but introspective class. Examining the fitness aspects of yoga by building strength, stamina, flexibility, and balance.

\*Schedule is subject to change  
\*Proper attire must be worn at all times.

\*Each class must have at least two (2) participants to make.

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Group Fitness Coordinator:  
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