

Summer 2

Poly Fitness

Classes run July 6 - Aug. 6

Monday	Tuesday	Wednesday	Thursday
	<u>6:00-6:45am</u> Aqua	<u>6:10-7:10am</u> Cycle <i>Jen</i>	<u>6:00-6:45am</u> Aqua
<u>7:30-8:30am</u> Cardio Fusion <i>Lauren</i>	<u>7:00-8:00am</u> Yoga <i>Kristen</i>	<u>7:30-8:30am</u> Body Sculpting <i>Lauren</i>	<u>7:00-8:00am</u> Yoga <i>Kristen</i>
	<u>12:15-1:00pm</u> Aqua	<u>12:15-1:00pm</u> Aqua	<u>12:15-1:00pm</u> Aqua
<u>5:15-6:00pm</u> Aqua		<u>5:15-6:00pm</u> Aqua	

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

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

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).

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

Campusrec@asu.edu

Group Fitness Coordinator:
480-727-1971

Front Desk: 480-727-1313

- *Schedule is subject to change
- *Proper attire must be worn at all times.
- *Each class must have at least two (2) participants to make.