

UPEI Fitness Class Schedule January 4 - April 2, 2010

Buts, Guts & Arms (gym 3)
Monday 12:05 - 12:45 pm
Thursday 12:05 - 12:45 pm
Instructor: Melissa Hilton

Class works your glutes, abs & arms to strengthen & tone these key areas to strengthen your core while helping you look great.

Stretch 4 Health (gym 3)
Tuesday 12:05 - 12:45 pm
Instructor: Melissa Hilton

Stretching is an important component of any program; it strengthens the joints and supporting connective tissues. Increase your flexibility and range of motion in this class devoted solely to stretching.

Drums Alive!@ (gym 3)
Wednesday 12:05 - 12:45 am
Instructor: Anna Lacroix

Enter a new dimension of fitness and wellness - drum your way through an unforgettable rhythmic, pulsating, and dynamic class experience. In this unique workout, you'll be guided through a program of drumming, movement, and creative exploration—it's a workout for the entire body, mind and spirit! (program concept was developed by Carrie Ekins, in Germany). NOTE: limit for class is 20 people. First come, first participate.

Step n' Sculpt (gym 3)
Friday 12:05 - 12:45
Instructor: Melissa Hilton

Take your love of Step and combine it with resistance training and you'll have yourself an amazingly fun time!! This class alternates between combinations on the step and resistance training.

Fun 101 (gym 3)
Sunday 6:00 pm - 7:00 pm
Instructor: Anna Lacroix

Every week a different type of class will be taught, classes such as Chi-Ball, Drums Alive, Bollywood, Ballet-Reach, African-Dance, Hip-Hop, Cardio Kickboxing, Step and Hi-Lo. Not sure what to expect? Explore, play and discover different ways to develop a strong, vibrant and healthy body through fun and creative movement.

It's All Cardio (gym 3)
Monday 6:00 - 7:45 pm
Instructor: Myrtle Jenkins-Smith

This class will have you getting up, down and all around with hi and low impact aerobic choreography. Geared to be a great workout working all your muscle groups while having fun!!!

Stretched, Centered and Balanced (gym 3)
Tuesday 6:00 - 7:00 pm
Instructor: Anna Lacroix

This class is a creative fusion of yoga, tai chi, dance, pilates and gigng-inspired movements and techniques. Through breathing with movement and relaxation, restore, soothe, nurture and calm your body, your mind and your spirit.

Integrated Strength and Movement (gym 3)
Wednesday 6:00 - 7:00 pm
Instructor: Anna Lacroix

This is a functional, dynamic strength class meant to improve your useable or practical strength, to prepare your body for sports and daily life. Exercises will engage and strengthen your core while integrating your entire body as a unit.

Ab Lab/Rock Bottom (gym 3)
Thursday 6:00 - 6:45 pm
Instructor: Myrtle Jenkins-Smith

Great way to kick the week off by joining us for this intense workout which focuses on your abs, hips and just about everything else!! This class will use a variety of props like strength bands and balls to add to the fun.

Fitness Class Fees:

UPEI Full - Time students & Chi-Wan Young Sports Centre members - FREE

**Non-members: Can purchase
day pass = \$9.00 + gst**

