

Fall Semester 09 REBEL X

Updated 10/12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Indoor Cycling w/Cort 6:30-7:30am RM 1110		Indoor Cycling w/Jay 6:30-7:30am RM 1110			
9:30am	Zen w/Marko 9:30-10:15am RM 2015	Zen w/Marko 9:30-10:15am RM 2015	Yoga Power Hour w/Marko 9:30-10:30am RM 2015			
11:30am		Aqua Stretch w/George 11:30-12:30pm at the Pool		Aqua Stretch w/George 11:30-12:30pm at the Pool		
12:00pm	Indoor Cycling w/Cort 12:00-1:00pm RM 1110	Indoor Cycling w/Danee 12:00-1:00pm RM 1110	BootCamp w/Mike & Ryan 12:00-1:00pm 3rd Floor Gym	Indoor Cycling w/Christin 12:00-1:00pm RM 1110	Indoor Cycling w/Danee 12:00-1:00pm RM 1110	Indoor Cycling w/Chelsea & Traci 12:00-1:00pm RM 1110
	Pilates w/Danee 12:00-1:00pm RM 2015	Circuit Training w/Carl 12:00-12:45pm RM 2015	Indoor Cycling w/Tom 12:00-1:00pm RM 1110	Pilates w/Danee 12:00-1:00pm RM 2015	Zen w/Marko 12:00-12:45pm RM 2015	AquaStretch w/George *By apptiment only 702-733-8476
			Circuit Training w/Danee 12:00-12:45pm RM 2015			
4:00pm	BootCamp w/Danee & Karen 4:00-5:00pm 3rd Floor	BootCamp w/Carl & Barclay 4:00-5:00pm 3rd Floor	BootCamp w/Tom & Karen 4:00-5:00pm 3rd Floor	BootCamp w/RJ & Lindsey 4:00-5:00pm 3rd Floor Gym	PiYo™ w/Susan 4:00-5:00pm RM 2015	
	Pump It! w/Amanda 4:00-5:00pm RM 2015	Beginning Yoga w/Cort 4:00-5:00pm RM 2015	The Core w/Lindsey 4:00-4:30pm RM 2015	Cardio Caberet w/Lauren 4:00-5:20pm RM 2015		
5:00pm	Aqua Stretch w/George 5:00-6:00pm at the Pool		Aqua Stretch w/George 5:00-6:00pm at the Pool			
5:30pm	Indoor Cycling w/Lindsey 5:30-6:30pm RM 1110	Indoor Cycling w/Chelsea 5:30-6:30pm RM 1110	Indoor Cycling w/Lindsey 5:30-6:30pm RM 1110	Cardio Hip-Hop w/Lauren K. 5:30-6:30pm RM 2015		
	Belly Dancing w/Amanda 5:30-6:30pm RM 2015	Latin Dance w/Juan & Traci 5:30-6:30pm RM 2015	Turbo Kick™ w/Julie & Traci 5:30-6:30pm RM 2025	Indoor Cycling w/Carl 5:30-6:30pm RM 1110		
		Turbo Kick™ w/Treasure 5:30-6:30pm RM 2025	S&C Contemporary Dance w/Karen 5:30-6:30pm RM 2040	Kung Fu w/Keoni 5:30-7:00pm RM 2040		
7:00pm	Indoor Cycling w/Karen & Nabu 7:00-8:00pm RM 1110	Indoor Cycling Xtreme w/RJ & Lindsey 7:00-8:30pm RM 1110	Indoor Cycling w/Cort 7:00-8:00pm RM 1110	Indoor Cycling w/Chelsea 7:00-8:00pm RM 1110	Judo Open w/Josh 7:00-9:00pm RM 2040	
	Pilates w/Julie 7:00-8:00pm RM 2015	Ballet & Pilates w/Chelsea & Carl 7:00-8:00pm RM 2015	Cardio Bollywood w/Namrata 7:00-8:00pm RM 2015	Boxing Fundamentals w/Henry & Carlos 7:00-8:00pm RM 2040		
	Polenesian Dance w/Cecilia & Kristina 7:00-8:00pm RM 2025	Boxing Fundamentals w/Henry & Carlos 7:00-8:00pm RM 2040	Pilates w/Marissa 7:00-8:00pm RM 2025			
	Judo w/Josh 7:00-9:00pm RM 2040		Judo w/Josh 7:00-9:00pm RM 2040			
8:30pm	Yoga Power Hour w/Marissa & Marko 8:30-9:30pm RM 2015	Candlelight Yoga w/Amanda 8:30-9:30pm RM 2015	Candlelight Yoga w/Marissa & Cort 8:30-9:30pm RM 2015	Yoga Power Hour w/Marko 8:30-9:30pm RM 2015		
10:30pm		Beginning Yoga w/Susan & Cara 10:30-11:30pm RM 2015				

Group Exercise Schedule

Student Recreation
and Wellness Center

* AquaStretch also available by appointment with George - Call 702-733-8476

For questions contact us at the rebel wellness zone (RWZ) 702-895-4400 or online at srwc.unlv.edu

All Classes are **Free** to Students and SRWC Members

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REBEL X CLASS DESCRIPTION Fall 2009

NEW! Cardio Bollywood Dancing - Each class offers an aerobic warm-up of light cardio, integrated with stretching and preparatory technical exercise for Indian dance movements. Choreography to popular Bollywood songs and Indian chart-toppers. The contemporary Bollywood dance style is a fusion of traditional and folk dances, classical Indian dance – like Kathak and Bharatanayam, and Western influences – jazz, hip-hop, and modern. Everyone Welcome!

NEW! Circuit Training - This class is taught by Nationally Certified Personal Fitness Trainer who will provide participants a workout routine combining a mix of cardiovascular and strength training exercises. Students will be guided through a variety of exercise in a private studio environment. This is the perfect class for those who are not familiar with lifting weights or those who are experienced and want the extra added motivation, improve upon individual lifting techniques and form. Everyone Welcome!

NEW! Strength and Conditioning Contemporary Dance - A combination of overall body strength and conditioning as well as challenging movement that lives in a high-speed world and takes you in and out of the floor. This intense movement workout increases flexibility, cardiovascular strength, and challenges the mind and body connection. Previous dance experience is recommended!

NEW! PiYo™ - is an athletic blend of Pilates, Yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge to all levels of participants. Created by fitness celebrity Charlene Johnson, PiYo™ is the perfect blend of Pilates/Yoga, sports stretch, dance stretch, athletics and more. This is a stretch workout for those who want more than just flexibility! This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout. All Fitness Levels Welcome!

NEW! Pump It! - Don't forget to add resistance training to your workout routine at least 2-3 times per week. Take advantage of this 60 minute class designed to increase your muscular strength and endurance by performing high repetitions at a lowered resistance. Class will incorporate cardio, resistance training, Pilates, and dance conditioning movements while utilizing medicine balls, body bars, BOSUs, body bands, physioballs, dumbbells and more. Beginners welcome!

NEW! Xtreme Indoor Cycling - Are you ready to take cycling to the Xtreme? Challenge yourself with this 90-minute class to increase your endurance, speed, and strength. Please note: For your comfort and safety, please arrive 5 – 10 minutes early for bike set-up. Class is limited to 27 participants on a first come first serve basis. Previous cycling experience is HIGHLY recommended.

AquaStretch - Dramatically restore your flexibility by combining dynamic stretching in different water depths while strategically wearing low weights. Please note that classes involve close physical contact and you may come and go as you please during the class hour. Proper swimwear required. You may also set up an individualized or group appointments by contacting George at 702.733.8476. Everyone Welcome!

Ballet + Pilates - The controlled, graceful movements of a ballerina meet the core strength and stability of pilates in this new, exciting class! Improve your flexibility, balance, and coordinate on while learning the basics of ballet dance. Beginners welcome!

Beginning Yoga - These beginner level classes are designed to teach the basics of “flow” in a way that will reduce stress and increase strength and flexibility so that more advanced practices become possible. Though designed for those who have little or no experience on the mat, this class will still be a pleasure for advanced yogis who want an opportunity to practice their presence. All fitness levels welcome!

Belly Dancing - This empowering dance workout is beginner oriented, yet challenging enough for the intermediate student. Class seamlessly flows from isolations to combinations while learning a fun routine. Exposing your belly is optional. Please wear comfortable clothing and dance slippers, socks, or bare feet. Belly dance hip scarves are welcomed and encouraged, but please refrain from wearing beaded or coined scarves. Hint-shawls make great hip scarves! Beginners welcome!
It is recommended that participants arrive 10-minutes early to this class. Once the class reaches the maximum number of participants allowed, it will be closed.

BootCamp - Take your workout to the next level! This high intensity sports conditioning class will focus on strength, agility, and speed in a nonstop cardio/strength format. Become one of the few, the proud, and the conditioned! Class takes place on the 3rd floor gym court. Moderate to advanced fitness levels welcome!

Boxing Fundamentals - Take a jab learning the science and style of boxing with former UNLV boxing camp; HENRY NAMAUU. This class is geared toward weight management by incorporating a tough, effective total body workout where you will learn traditional boxing moves, combinations and skipping drills to increase muscular strength, coordination and cardiovascular fitness. Beginners Welcome!

Candlelight Yoga - This class is a soothing, calming blend of yoga styles set to relaxing music and soft candlelight. A great way to end your day. Beginners welcome! It is recommended that participants arrive 10-minutes early to this class. Once the class reaches the maximum number of participants allowed, it will be closed.

Cardio Cabaret - Try something new and exciting! Combine sensual dance and rhythmic cardio exercise in a workout for the whole body. This exhilarating class uses low impact dance and basic aerobic exercises to work the body's major muscle groups and build cardio respiratory endurance while allowing participants to explore new and exciting means of exercise. No previous dance experience required. Beginners welcome! It is recommended that participants arrive 10-minutes early to this class. Once the class reaches the maximum number of participants allowed, it will be closed.

Cardio Hip-Hop - This class will help you reach your fitness goals by doing what you love—dancing! Hip Hop dance is a great way to improve your cardiovascular endurance and strengthen your muscles. Get in shape and have a blast while listening to your favorite R&B songs! Beginners welcome! It is recommended that participants arrive 10-minutes early to this class. Once the class reaches the maximum number of participants allowed, it will be closed.

Chinese Kung Fu - The students will practice Shaolin forms, self defense applications and two person drills. Safety, moderation, and control are given a top priority at all times. Students will obtain increased flexibility, stamina, leg/upper body strength, coordination, and balance. Beginners welcome!

Indoor Cycling - This fun and 60-minute challenging routine on a stationary bicycle puts you in control of the tempo and resistance. You won't have to worry about complicated choreography-just get into the rhythm and sweat like never before. Please note: For your comfort and safety, please arrive 5 – 10 minutes early for bike set-up. Class is limited to 27 participants on a first come first serve basis. Moderate to advanced fitness levels welcome!

Judo - Judo is a Japanese martial art and an Olympic sport that consists of throwing and grappling techniques. With Judo, one can learn how to use strength, skill and leverage with maximum efficiency. It is a form of self-defense and a means of self improvement. All fitness levels welcome!

Judo Open - This is not a class. Space is reserved in the Student Recreation and Wellness center so that those interested in practicing Judo can get together and practice skills, meet new potential friends and training partners. This is also a good time for those who have never participated in a Judo class to come check it out in an informal environment. All fitness levels welcome!

Latin Dance - This class features easy to follow Latin dance steps with modern dance movements and music. Focusing on SALSA, Merengue, Bachata, Samba, Lambada, Mambo, Clympo will be incorporated. Learn to dance anywhere at any time. Beginners welcome, no previous experience necessary!

Pilates - This introduction to Pilates is designed to lengthen and strengthen your entire body. Utilizing the teachings of Joseph Pilates, these movements will help you gain postural alignment, balance and flexibility. Once participants have mastered Pilates basics they will be prepared to take it to the next level. Beginners Welcome! It is recommended that participants arrive 10-minutes early to this class. Once the class reaches the maximum number of participants allowed, it will be closed.

Polynesian Cardio Dance - This class will teach participants basic dance movements from some of the main Polynesian cultures; Hula, Tahitian, Maori, and many more. The classes will have a focus on the Hula and Tahitian dance basics. So be prepared to kick off your shoes and learn how to move like an islander. Beginners welcome, no previous experience necessary!

The CORE - This class is designed to strengthen the muscle groups that stabilize your central skeletal structure. These muscles determine your posture in each sport and your daily routine and, in effect, link your upper body. The CORE training focuses on the muscular areas of the abdominals, upper and lower back, hips flexors, outer and inner thighs, hamstrings, chest and some triceps work. Beginners welcome!

TURBO KICK™ - Created by fitness celebrity Charlene Johnson, it's high intensity -- from the warm-up right through the stamina-building cardio, turbo, strength and abs sections. This is a pre-choreographed, easy to follow, kickboxing class. You'll jab, punch, and kick as you achieve kickboxing's endurance, strength, stability, balance and mental toughness. Come and join the party. Moderate to advanced fitness levels welcome!

Yoga Power Hour - This level 2 vinyasa class is designed for those who have a basic understanding of flow and alignment who want to move a bit faster and explore new heights without necessarily being advanced in the practice. Great for beginners who want a challenge or long time yogis who want a quickie, this class is a great way to bring more energy into your day. Previous Yoga experience recommended.

ZEN - Relax and strengthen your body while increasing flexibility and balance in just 45 minutes. What a great way to jump start your day. Beginners Welcome!

New class schedule begins Monday, October 12th and run through December 5th
No classes 10/30-11/1, 11/11, and 11/25-11/29

Schedule subject to change

