

# Lafayette Recreation Services GROUPFIT CLASSES

No registration necessary. Just  
show up and Enjoy.

## **BODYSculPT**

This toning class will rock your world, blasting every major muscle group. Dumbbells & tubing will be utilized to make your muscles scream. *Instructor: Karen Haduck*

## **MELTDOWN**

This high intensity Jazzercise class is a cardio-pumping, fat-melting workout. Jazzercise-It's not what you think. Try it, you'll see. *Instructor: Karen Haduck*

## **TURBO KICKBOXING**

Sure, it's kickboxing, but it's so much more! Kick, punch and groove your way to a brand new body. NO EQUIPMENT NEEDED for this ultimate calorie burning challenge! *Instructor: Courtney Kuklantz*

## **ZUMBA**

Latin Cardio Party!!! Interval cardio and resistance training all set to an irresistible Latin beat. Maximize caloric burning, fat burning and total body toning while having fun exercising. Ending with an awesome abs workout. Add some spice to your workout. *Instructor: Alex House*

## **BODY BLITZ**

Intense workout focusing on light weights and high reps using dumbbells. Increase your strength and improve definition while working your muscular endurance. Just hard work that will push you to the max! *Instructor: Erica Arrigio*

## **SPINNING**

This indoor cycling class will burn mega-calories while detonating your quads, hamstrings, calves and glutes. The intensity of this class will have you spinning. *Instructor: Kacie Heilman*

## **STEP PLUS ABS**

A great step workout for the beginner to advanced. Raise your platform to increase your intensity. An abs workout is included at the end of every class. *Instructor: Cynthia Bernsdorf*

# Lafayette Recreation Services GROUPFIT CLASS SCHEDULE

## Session 1 Schedule

Tuesday, Sept. 8<sup>th</sup> – Thursday, Oct. 8<sup>th</sup>

<b>MONDAY</b>
<b>ZUMBA</b> 4:40 – 5:40 PM Room 136
<b>SPINNING</b> 5:00 – 5:45 PM Room 138
<b>BODY BLITZ</b> 5:50 – 6:50 PM Room 229
<b>TUESDAY</b>
<b>MELTDOWN</b> 4:40 – 5:30 PM Room 229
<b>BODY SCULPT</b> 5:40 – 6:40 PM Room 229
<b>WEDNESDAY</b>
<b>BODY BLITZ</b> 4:40 – 5:40 PM Room 229
<b>STEP PLUS ABS</b> 5:50 – 6:50 PM Room 229
<b>THURSDAY</b>
<b>BODY SCULPT</b> 4:40 – 5:30 PM Room 229
<b>TURBO KICKBOXING</b> 5:40 – 6:40 PM Room 136