

Lafayette Recreation Services GROUPFIT CLASSES

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

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

No Fee.

No registration.

Just show up and Enjoy.

Lafayette Recreation Services GROUPFIT CLASS SCHEDULE

Session 2 Schedule

Wednesday, Oct. 14th – Thursday, Dec 10th

No classes November 24th to 26th

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| MONDAY |
| ZUMBA 4:40 – 5:40 PM Room 136 |
| BODY BLITZ 5:50 – 6:50 PM Room 229 |
| TUESDAY |
| MELTDOWN 4:40 – 5:30 PM Room 229 |
| BODY SCULPT 5:40 – 6:40 PM Room 229 |
| WEDNESDAY |
| BODY BLITZ 4:40 – 5:40 PM Room 229 |
| THURSDAY |
| BODY SCULPT 4:40 – 5:30 PM Room 229 |