

# group exercise SCHEDULE

LOYOLA UNIVERSITY MARYLAND • FITNESS AND AQUATIC CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>				
 Sam/Jordan 7:15am-8:00am 207	 Caitlin 8:00am-9:00am 207	 Jordan 7:15am-8:00am 209	 Emily S 7:15am-8:00am 207	 Caitlin 8:00am-9:00am 207
<b>Afternoon</b>				
 Mary 12:15pm-1:00pm 207	 Camelia 12:15pm-1:00pm 209	 Emily M 12:15pm-1:00pm 207	 Erin 12:15pm-1:00pm 209	 Mary 12:15pm-1:00pm 207
<b>Evening</b>				
 Lisa 5:00pm-5:20pm 209	 Meg M 5:15pm-6:00pm 207	 Lisa 5:00pm-5:20pm 209	 Meg M 5:15pm-6:00pm 207	 Emily M 5:15pm-6:00pm 207
 Meg M 5:00pm-5:45pm 207	 Kenny 5:15pm-6:15pm 209	 Mary 5:00pm-5:45pm 207	 Kenny 5:25pm-6:10pm 209	 Emily M 6:05pm-6:35pm 207
 Lisa 5:25pm-6:25pm 209	 Kate B 6:05pm-6:35pm 207	 Lisa 5:25pm-6:25pm 209	 Kate B 6:05pm-6:35pm 207	
 Kate B 5:50pm-6:20pm 207	 Sam 6:20pm-7:20pm 209	 Kate B 5:50pm-6:20pm 207	 Camelia 6:20pm-7:20pm 209	
 Emily M 6:30pm-7:15pm 207	 Emily S 6:45am-7:30am 207	 Alyssa 6:30pm-7:30pm 209	 Emily S 6:45am-7:30am 207	
 Emily N 6:30pm-7:30pm 209	 Stephanie 7:30pm-8:30pm 209	 Sam/Camelia 7:35pm-8:35pm 209	 Emily N 7:30pm-8:30pm 209	
 Emily M 7:20pm-7:50pm 207	 Katie C 7:35pm-8:05pm 207	 Emma 6:30pm-7:15pm 207	 Kezia 7:35pm-8:35pm 207	
 Kezia 7:35pm-8:35pm 209		 Katie C 7:20pm-7:50pm 207		
		 Jody S 7:55pm-8:55pm 207		

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Email US:  
FACFitness@loyola.edu

**Saturday**

  
Alyssa

11:00am-12:00pm  
209

**Sunday**

  
Stephanie

1:30pm-2:30pm  
209

  
Emma

6:30pm-7:30pm  
207

# Class Descriptions



The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for – and fast! Pump is 60 min and Pump Express is 45min!



The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Combat is 60 min and Combat Express is 45min!



The spinning workout that maximizes calorie burn to hot music and intense instructors. You will build endurance, increase your cardiovascular strength and have a whole lot of fun in the process. Spin60 is 60min and Spin45 is 45min. Please arrive early to set up your bike



The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



The workout that builds flexibility and strength. Maintaining awareness and the focus on breath, you will move through traditional and contemporary yoga poses to stretch your body and calm your mind.



The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance



If fitness is a battle, welcome to the “FAC Army.” It’s where the word “can’t” isn’t in the vocabulary. This 45 min military-style workout will push your body and mind to the limit using bodyweight, plyometrics and interval training to give you a high intensity, short duration workout. Prove yourself on the frontlines with this intense workout.

\*Classes will not meet when academics are not in session



What are you doing? Get on the ball! This full body conditioning workout will blast your muscles in to better shape. Feel your heart lift and leave with the sense of an incredible new way to get a great overall muscle workout.



Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight, toned core. With dynamic training that hones in on abs, glutes, back, obliques and the “slings” connecting the upper and lower body, CXWORX will leave you looking good and feeling strong in just 30 minutes.



Take your workout back to the core! AbSolution is the 20 minute kick in the stomach that will build core strength in the six-pack, obliques, lower back and hip flexors. Add this class to your regular workout and feel it transform your body.



It’s the original calorie-burning fitness-party that is moving millions of people toward the joy of health. The exhilarating, effective, easy-to-follow latin inspired program blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive!



An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get ready to get down!

**personaltraining**  
Loyola University Fitness and Aquatic Center

## RESULTS LIVE HERE

Get the results you deserve by working with a nationally certified personal trainer. Our trainers will help you finally reach your fitness goals!

» **LOWER BODY FAT**

» **LOOK GREAT**

» **Develop Healthy Habits**

» **Tone and Shape Muscles**

» **Build Endurance**

» **And More!**

**MORE  
AFFORDABLE  
THAN EVER!**

EMAIL US: [FACFitness@loyola.edu](mailto:FACFitness@loyola.edu)  
Get Started Today!