



CLASS SCHEDULE

Summer Session II

July 13—August 13

Fitness Yoga

Studio B—8-8:50 am

Mondays & Wednesdays

July 20—August 12 (Class meets 8 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Amy Peterson

Butts ‘N’ Guts

Studio B—9-9:45 am

Mondays & Wednesdays

July 13—August 12 (Class meets 10 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Sarah Heim

Strike

Studio B—12-12:45 pm

Mondays & Wednesdays

July 13—August 12 (Class meets 10 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Derrick Stortz (Certified Personal Trainer)

Full Body Toning

Studio B—10-10:45 am

Tuesdays & Thursdays

July 14—August 13 (Class meets 10 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Derrick Stortz (Certified Personal Trainer)

Cycle/Strength

Studio A—5-5:50 pm

Mondays & Wednesdays

July 13—August 12 (Class meets 10 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Claire Williams

Butt ‘N’ Guts

Studio B—4-4:50 pm

Mondays & Wednesdays

July 13—August 12 (Class meets 10 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Claire Williams

Yoga

Studio B—12-12:45 pm

Tuesdays

July 14—August 11 (Class meets 5 times)

Fee: SCSU Students: \$5.00

SCSU Faculty/Staff: \$10.00

Community Members: \$15.00

Instructor: Laura Sather

Absolutely Abs & Arms

Studio B—11-11:45 am

Tuesdays

July 21—August 11 (Class meets 4 times)

Fee: SCSU Students: \$5.00

SCSU Faculty/Staff: \$5.00

Community Members: \$10.00

Instructor: Chris Haukos

Boot Camp Extreme

Studio A—8-9:00 am

Tuesdays & Thursdays (No class July 14 or Aug 6)

July 16—August 13 (Class meets 8 times)

Fee: SCSU Students: \$10.00

SCSU Faculty/Staff: \$15.00

Community Members: \$20.00

Instructor: Chris Haukos



Class Descriptions

Fitness Yoga

This class begins with the basic fundamentals of yoga and later incorporates new and more advanced moves. Designed for all levels.

Butts 'N' Guts

This is what the title reads, a 45-minute focus on those stubborn areas! Come to this quick moving class to be re-energized into a new healthier you!

Strike

This class offers authentic kickboxing techniques that are used by traditional martial artists and boxers. Your technical skill will increase each time you train in this high impact, hard hitting, fast pace program that will make you sweat, burn, and tone. All fitness levels welcome!

Full Body Toning

Firm your body with resistance-training program using free weights, resistance bands, BOSU balance balls, and stability balls to work all of the muscle groups. Target the body's core muscles found in the inner and outer abdominal wall, obliques and lower back.

Cycle/Strength

It is a great cardiovascular exercise on the bike, that works those core leg muscles, but that is not all! Toning and sculpting those arms is as important as the legs, and this is the class to do it!

Yoga

This class is meant for all levels. Different variations of Yoga poses will be shown so that you can choose the variation that fits your body type.

Absolutely Abs & Arms

Have only 45 minutes? Learn various techniques to tone your midsection and arms. This fast paced core workout will be challenging but fun. All fitness levels welcome.

Boot Camp Extreme

Fun Work—Hard Play! This class is sure to rev up the most avid exercisers. The class will consist of strength, cardio and absolute abs. Take your level of power, agility, and core strength to the next level.

GROUP FITNESS

Registration

- Register by e-mail, phone or in person (at the Campus Recreation Service Desk).
- Payment will be accepted the first day of the class, so please arrive 15 minutes early for the first class!
- Each class has a separate fee (mention what class number you are signing up for).
- Information we need from you: Name, phone, e-mail and the class or classes you want to sign up for.

E-mail: clhaukos@stcloudstate.edu

Phone: 308-308-6692 (leave a message)

We will call you with class details before the first class.

Five participants required to hold a class .
You will be contacted if class will be cancelled.

Schedules available at www.stcloudstate.edu/campusrec

Directions to the SCSU Campus Recreation Center:
www.stcloudstate.edu/campusmap.
*Meter parking available at T-lot (behind the stadium).
All other parking will be subject to ticketing.*

Who can register?

Summer session classes are open anyone
16 years of age and older.

Fees

Fees vary, please check the class information.

Refund policy:

All payments will be collected the first day of class.
There will be NO REFUNDS.



Group Fitness

Session Two
July 13-August 13



Web www.stcloudstate.edu/campusrec

Phone 320-308-3325

ST. CLOUD STATE UNIVERSITY

A tradition of excellence and opportunity