

## Semester Classes:

Mon.	12-1 p.m.		Court 3
Tues.	12-1 p.m.	5:30-6:30 p.m.	Court 3
Wed.	12-1 p.m.		Court 3
Th.	12-1 p.m.	5:30-6:30 p.m.	Court 3
Fri.	12-1 p.m.		Court 3

### Day Pass:

for entire Student Recreation Center- \$5

### Month Pass:

for entire Student Recreation Center- \$35

Other class times vary from semester to semester. (A schedule of current class times is available at the front desk of the recreation center.) All instructors provide fun and flexible programs for all abilities. The Student Recreation Center hires aerobic instructors. If you can teach, let us know.



## Student Recreation Center Hours:

Hours	Fall/Spring Semesters	Summer Session
Mon-Thurs.	6 a.m.-11 p.m.	9 a.m.-9 p.m.
Friday	7 a.m.-10 p.m.	9 a.m.-5 p.m.
Saturday	11 a.m.-9 p.m.	closed
Sunday	11 a.m.-9 p.m.	closed



It is the policy of Clarion University of Pennsylvania that there shall be equal opportunity in all of its educational programs, services, and benefits, and there shall be no discrimination with regard to a student's or prospective student's race, color, religion, sex, national origin, disability, age, sexual orientation/affectation, gender identity, veteran status or other classifications that are protected under state, and federal laws. Direct equal opportunity inquiries to Assistant to the President for Social Equity, Clarion University of Pennsylvania, 207 Carrier Administration Building, Clarion PA 16214-1232, 814-393-2109.

## Student Recreation Center

# Group Fitness



**Clarion University of  
Pennsylvania**  
[www.clarion.edu/reccenter](http://www.clarion.edu/reccenter)  
**814-393-1667**  
[Isabatose@clarion.edu](mailto:Isabatose@clarion.edu)

# Classes Offered

- Strength Training
- Interval Strength Training and Cardio
- HIIT--High Intensity Interval Training
- Step/Ab & Core Interval
- Rope & Core Training
- Mixed Martial Arts Training
- Step & Kickboxing
- Yoga

Other classes may be offered if an instructor is available\*\*:

- Muay Tai
- Butts & Guts
- Boxing Basics
- Zumba

\*\*Always hiring certified instructors



# Class Descriptions

## **Strength Training**

Utilizes all muscle groups using hand weights, body weight, bench platform, and stability ball.

## **HIIT- High Intensity Interval Training**

Workouts are an enhanced form of interval training. This exercise strategy alternates periods of short intense anaerobic exercise with less-intense recovery periods.

## **Step/Ab & Core Interval**

This class incorporates step aerobics with abdominal and core training exercises.

## **Interval Strength Training and Cardio**

These workouts are a combination of strength exercises and cardio exercises.

## **Rope & Core Training**

Intervals periods of jump rope with core training exercises.

## **Step & Kickboxing**

A fun cardio workout utilizing the step platform, followed by kickboxing segments. Light hand weights are used to increase intensity.

Each class runs for approximately one hour. If necessary, you can arrive late or leave early to fit your schedule.



# Benefits of Daily Exercise:

- 1) Combats health conditions and disease
- 2) Improves mood
- 3) Boosts energy
- 4) Promotes better sleep

Exercise and physical activity are great ways to feel better, gain health benefits, and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more, as well as maintain a healthy diet. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.