

# FITNESS SCHEDULE

## Summer 2012 Session 1

*This schedule is in effect beginning May 21<sup>st</sup>, 2012!*

Time	Monday	Tuesday	Wednesday	Thursday
5:40- 6:25 p.m.	Yoga	Cardio Dance	PiYo	Zumba

*A minimum of 4 participants are needed to hold a class, so bring your friends and roommates!*



McNiff Fitness Center front desk: 813-258-7435

Web: [www.ut.edu/mcniff](http://www.ut.edu/mcniff)



### CLASS DESCRIPTIONS

*All classes will accommodate beginning and advanced fitness levels.*

**Cardio Dance** A combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. No previous dance experience required and we guarantee you will have a blast!

**PiYo** A blend of Pilates/yoga, and plyometrics, with a dance flare. This dynamic fusion workout delivers strength, balance, agility, and flexibility in one unique calorie burning workout. **PiYo** is a gentler version and for (B/I).

**Yoga** Features a series of poses and stretches designed to help participants regulate breathing and sooth frayed nerves. By practicing simple and easy yogic techniques, the body and mind begin to work in harmony to enhance your mood, energy level, and ability to cope with every day stressors.

**Zumba®** Learn to dance Latin-style and get a hot workout! Zumba fuses Latin and hip hop music and dance together for a dynamic fitness class. The routines combine fast and slow rhythms that tone, sculpt, and inspire!