# SAAC GetFIT Class Schedule

**SUMMER 2014 JUNE 2ND—AUGUST 9TH**

<table>
<thead>
<tr>
<th>Mo</th>
<th>Tu</th>
<th>We</th>
<th>Th</th>
<th>Fr</th>
<th>Sa</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLASSICAL HATHA YOGA 6:00—6:50PM ALISON</td>
<td>AQUA PULSE XPRESS 12:00—12:40PM MALAIKA</td>
<td>CLASSICAL HATHA YOGA 6:00—6:50PM ALISON</td>
<td>AQUA PULSE XPRESS 12:00—12:40PM MALAIKA</td>
<td>LEAN MACHINE 11:00—11:50AM ASHLEE</td>
<td></td>
</tr>
<tr>
<td>BOOT CAMP 7:00—7:50PM JENNY</td>
<td>BEGINNER PILATES 6:00—6:50PM CECILIA</td>
<td>HIIT-IT! 7:00—7:50PM ASHLEE</td>
<td>BOOT CAMP 6:00—6:50PM JENNY</td>
<td>CORE 101 6:15—6:35PM JENNIFER</td>
<td></td>
</tr>
<tr>
<td>CARDIO KICKBOXING 8:00—8:50PM ELLIOT</td>
<td>ZUMBA® JAM 8:00—8:50PM KAITLIN</td>
<td>TOTAL BODY TONING 7:00—7:50PM JENNIFER</td>
<td>TOTAL BODY TONING 7:00—7:50PM ASHLEE</td>
<td>TOTAL BODY TONING 6:45—7:35PM JENNIFER</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>CARDIO KICKBOXING 8:00—8:50PM ELLIOT</td>
<td></td>
<td></td>
<td>STEP &amp; SCULPT 1:00—1:50PM JENNIFER</td>
</tr>
</tbody>
</table>

Class schedule subject to change at any time.

Aqua Pulse Xpress meets on the pool deck.

All other classes meet in the Fitness Studio.

No GetFIT classes Friday, July 4th.

**GetFIT Pass Info**

*Single Visit:*
- $6.00 per class

*Unlimited GetFIT Pass:*
- $20.00 for Students
- $40.00 for Members

**Try-me week 6/2—6/7**

---

Student Activity and Academic Center

404—712—2430
Embrace your passion. Unleash your potential.

**Aqua Pulse XPRESS** 💦️
Join our 40 minute aerobic pool party! Get your heart pumping as you move through the water & improve your fitness with a splash!

**Beginner Pilates** 🧘‍♂️
A challenging class that uses mind-body exercises to stretch & strengthen muscles. Pilates focuses on the abdominal powerhouse & works the rest of the body through the core connection. All exercises have prep, beginner & intermediate options, so everyone can work at their optimal level.

**Boot Camp** 💥
This class is designed to challenge your fitness using resistance bands, dumbbells and your own body weight. You will develop a strong core, toned muscles & a lean frame!

**Cardio Kickboxing** 💥💥
Get a kick out of getting fit! Combining aerobic exercise with boxing & traditional martial arts movements provides constant low-centered movements to strengthen & tone your muscles while giving your heart a great cardio workout.

**Classical Hatha Yoga** 🧘‍♂️
A classical hatha yoga practice emphasizing traditional asanas (postures) & pranayama (breath work) while also providing a meditative practice. Focus on flexibility, strength, relaxation, devotion & personal growth. Long holds & floor work.

**Core 101** 💪
This class will give you the tools you need to strengthen the essential muscle groups of your core. Prepare to sit up straighter, feel stronger & look leaner!

**HIIT-It!** 💥💥
Looking for a total body workout that is quick & efficient? Uniting high intensity interval training (HIIT) & Tabata style intervals this class will get your heart pumping & sweat rolling. Let’s HIIT-It!

**Lean Machine** 💥💥
Not for the faint at heart! Lean Machine will work off those Friday night-out empty calories with high-endurance cardio drills, body weight exercise & sweat! If you want to be lean we will see you there!

**Step & Sculpt** 💥💥
A perfect combination of step aerobics & strength training to define & sculpt your muscles & get your heart pumping! You’ll accomplish cardio & toning in this class, making you stronger, leaner & ready for more!

**Total Body Toning** 💪
Designed to work the entire body, this class will tone your chest, back, legs, core & every muscle in-between utilizing body weight, bands & dumbbells. You will leave this total body class feeling satisfied & strong!

**Yoga Mix—Vinyasa** 🧘‍♀️
This all-levels vinyasa yoga class challenges yogis while offering the freedom to explore, modify & intensify postures and sequences. Each class includes a strong mix of postures structured around a yoga flow sequence that will strengthen & stretch your body and mind.

**Yoga Mix—Yin** 🧘‍♀️
Yin yoga stretches muscles and tissues, while improving range of motion & cultivating an integration between body and mind. In this all-levels floor class, yoga poses are held for as long as 2-3 minutes to allow the muscles to stretch, the body to relax & the mind to find a sense of calm & inner peace.

**ZUMBA® JAM** 🕺💥
Who says that cardio has to be boring? This 50 minute dance party is a modern fusion of hip hop & Latin rhythms. You will have so much fun in this high energy dance class that you will forget you are burning over 500 calories in the process! DITCH THE WORKOUT—JOIN THE PARTY™

**Other Info:**
Fitness classes cap at 25 participants. Dance classes cap at 20 participants. Classes will be closed after 10 minutes—no late arrivals!

Questions? Please call the SAAC Welcome Center @404-712-2430 or visit www.saac.emory.edu.