

Class Descriptions

Abs, Butt, & Core (ABC): Abs, Butt and Core wrapped into a nice 30 minute class that will hit all the right spots!

Belly Dance: Enjoy traditional and fusion belly dance! Learn some fundamentals and get a cardio workout at the same time. (No experience necessary).

Butts, Legs and Tummy (BLT): A compact lower body workout to obtain great legs, tight glutes and great abs in a quick 30 minute class.

Brazilian Jiu-Jitsu (BJJ): Self defense techniques utilizing your opponents body weight through the biomechanics of leverage.

Butts and Guts: Work your glutes and abs to the max! Both will scream as you limp away.

Cardio-Kickboxing: These calorie-burning classes will combines punching, jabbing and kicking continuously to increase the heart rate for an amazing workout.

Cardio-Sculpt: An intense cardio interval workout with sculpting segments that tone all of the major muscle groups usually taught boot camp style.

Core Conditioning (CC): This class may utilize the Bosu, Medicine ball, or Resist-a-Ball to strengthen the abs/lower back and improve balance.

Indoor Cycling: A group exercise class performed on stationary bikes while an instructor simulates hill-climbing, sprints, and races, it is truly a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you and the music.

Krav Maga: Hand to hand combat used by U.S. Military and Law Enforcement designed to translate in field combat skills to everyday street situations.

Pilates (Level 1): This class will cover the basics of Pilates as inspired by Joseph Pilates. The instructor will teach spinal alignment, breathing techniques, and proper exercise execution in order to strengthen the "core".

Pilates (Level 2): This class is designed for the individual who has some prior training in Pilates. A variety of props may be used.

Power Dance: A cardio-intensive specialty class set to high energy music. Hottest dance moves, weights, step, and Bosu combo will teach you confidence, coordination & strength. Transform your body with a mix of Power and Dance.

Power Kickboxing (PK): Power Kickboxing allows you to enjoy a half hour of cardio kickboxing followed by an all over sculpting in the second half hour.

MCT: Military Martial Arts Combat Training

Mixed Martial Arts (MMA): Cardio based workout showcasing a variety of defense techniques and promoting overall fitness.

Total Body Conditioning (TBC): Get a great workout by sculpting and toning the entire body. (May include segments of cardio)

Zumba: Come dance yourself into shape with this Latin influenced workout. Be prepared to sweat!!

See Back Panel for Additional Class Descriptions.

Class Descriptions Continued

Yoga Challenge: This high energy yoga class will take the participant through a variety of yoga poses with the goal of increasing flexibility and building muscular strength. The class will end with a calming relaxation segment.

Yoga for All (Mixed Level Hatha Yoga): This class focuses on classic hatha yoga poses with careful attention to body alignment and awareness of breath to create an energizing and dynamic yoga session.

Yoga For Relaxation: This basic yoga class will take the participant through a variety of traditional yoga poses with the purpose of developing flexibility and introducing techniques to aid in the release of stress.

Yo! Pilates: A dynamic combination of yoga and pilates that includes a variety of exercises to strengthen the "core" as well as challenging your flexibility.

Policies For All Classes

*Must be a member of the Mason Recreation in order to attend classes.

*Participants may sign up for class up to 1-hour in advance.

*Space and participant numbers are limited for each class.

*The front desk will stop handing out passes 5 minutes into each class.

*The doors to each room will be locked 10 minutes after class begins.

*Please be respectful to the other students and arrive to class on time!

*It is highly encouraged that cycling participants bring a water bottle to class.

* Rules and guidelines vary for each program, be sure to follow what is posted in each room.



**George Mason University
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AFC Phone: 703-993-3939
RAC Phone: 703-993-5323**



Fall 2010 Schedule of Classes



Martial Arts - RAC



Fitness Classes

Fall Class Pricing

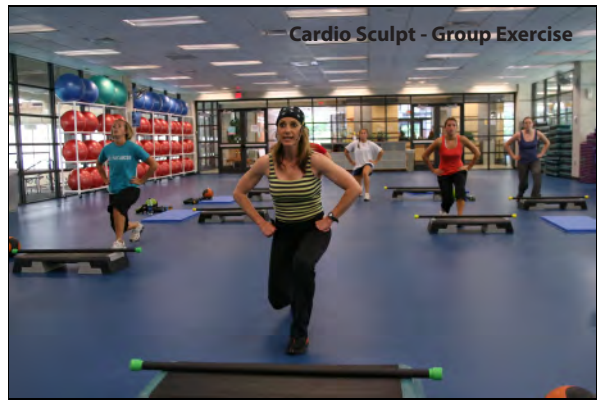
Cycling/Group Exercise.....FREE

Martial Arts & Yoga/Pilates.....Student \$45/Semester
 Non-Student \$65/Semester
 Drop in Fee \$8

Indoor Cycling

AFC Multipurpose Room #3

FREE	11:00 AM - 12:00 PM	12:00 PM - 1:00 PM	5:30 PM - 6:25 PM	6:30 PM - 7:25 PM
Mon		Glynn	Mary	
Tue		Monica		Robbie
Wed		Alison	Mandy	
Thu		Michelle		Robbie
Fri		Monica/ Mandy	Rotating Instructors	
Sat	Rotating Instructors			



Group Exercise

AFC Multipurpose Room #1

FREE	12:15 PM - 1:15 PM	5:00 PM - 5:25 PM	5:30 PM - 6:25 PM	6:30 PM - 7:25 PM
Mon	Zumba Heidi	ABC Mary	Zumba Lorena/ Carol	TBC Mary
Tue	TBC Paige	Butts & Guts Jaclyn	Cardio Sculpt Jaclyn	Zumba Jackie/ Angelica
Wed	PK Jen	BLT Mandy	Zumba Sarah	Belly Dance Jacqui
Thu	Cardio Sculpt Patty/ Monica	CC Mary	Cardio Kickboxing Mary	Power Dance Veronika
Fri	Cardio Kickboxing Alicia			

Martial Arts

RAC Multipurpose Room #5

See Pricing	4:30 PM - 5:30 PM	6:00 PM - 7:00 PM	7:30 PM - 8:30 PM
Mon	BJJ	MMA	MCT
Tue		Krav Maga	
Wed	BJJ	MMA	MCT
Thu		Krav Maga	
Fri	BJJ	MMA	

Yoga/Pilates

RAC Multipurpose Room #4

See Pricing	7:00 AM - 8:00 AM	12:00 PM - 1:00 PM	5:30 PM - 6:30 PM	6:30 PM - 7:30 PM
Mon		Pilates (Level 2) Cindy	Pilates (Level 2) Jaclyn	Yoga Challenge Ginny
Tue	Yo! Pilates Robin		Yoga For All Kathy	
Wed		Pilates (Level 2) Cindy	Pilates (Level 1) Jaclyn	Yo! Pilates TBA
Thu	Yo! Pilates Robin		Yoga For Relaxation Felicity	
Fri		Yo! Pilates Alicia		

Classes Run September 7 - December 11

*No Classes Week of November 24-28

All Classes FREE September 7 -11