

Eugene I. Kane Fitness Center

Fitness Class Schedule

January 17th-March 3rd

Session 1
Spring 2017

All classes are free
No registration needed
Students, Staff & Faculty Welcome

Cycle

Tone up and improve cardiovascular conditioning in this 50 minute class! Tackle hills, sprints, and get a great workout! Class space is limited to 7 people.

Wednesday 5:45PM Kane Center Blair

Dance Cardio

A cardio-based dance class with lots of energy and a great soundtrack! Get your morning started right with this exhilarating workout!

Friday 5:30PM Kane Center Angeleaza

Pop Pilates

Tone those muscles with this body weight class, working your core like never before! This class is set to invigorating music that will amp you up!

Monday 6:30PM Kane Center Angeleaza

Power Circuit

A high-intensity and high-energy class designed specifically to improve strength and cardiovascular conditioning.

Monday 7:30PM Kane Center Christine
Wednesday 7:00PM Kane Center Grace

Tabata

A High-Intensity Interval Training (HIIT) workout that will work your muscles and push you out of your comfort zone!

Wednesday 8:00AM Kane Center Angeleaza

Yoga

Come for an hour of movement designed to increase your flexibility, focus, and strength. A great way to let go of stress!

Monday 5:30PM Kane Center Amelia
Tuesday 8:00AM Kane Center Jackie
Wednesday 8:00PM Kane Center Jackie
Thursday 8:00AM Kane Center Jackie

Zumba

An exhilarating, effective, easy-to-follow, Latin-inspired calorie-burning dance fitness party that's moving millions of people toward health and joy!

Monday 5:30PM DuFour Center Megan
Tuesday 5:30PM DuFour Center Blair
Thursday 6:30PM Kane Center Lien
Saturday 10:00AM Kane Center Lien

FREE PERSONAL & GROUP TRAINING!

Set your appointment at the Kane Center Front Desk!

PICK-UP BASKETBALL

Court reserved for basketball:
Mon, Tues, Thurs 5-7pm
All other times are open or available for reservations.

FOR UPDATES & CANCELLATIONS



@KANEFITNESSCUA