

Eugene I. Kane Fitness Center Fitness Class Schedule Oct. 22nd-Dec. 8th

Session 2
Fall 2018

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

HIIT

High Intensity Interval Training can sound intimidating, but it's great for all fitness levels! HIIT is cardio conditioning and body weight strength training. You'll build strength, improve cardiovascular endurance, and develop precision—without lifting a single weight.

Tuesday	5:30PM	Kane Center	Rebecca
Thursday	6:30PM	Kane Center	Rebecca

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!

Thursday	8:00AM	Kane Center	Angeleaza
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TRX Strength

Utilize the TRX Suspension Training system in this bodyweight exercise class. TRX systems develop strength, balance, flexibility and core stability simultaneously.

Class size limited to 6 participants. Sign up in advance at fitness-recsports.cua.edu to guarantee a spot.

Thursday	5:30PM	Kane Center	Angeleaza
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Yoga

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

Monday	8:00AM	Kane Center	Divya
Wednesday	8:00AM	Kane Center	Divya
Wednesday	5:30PM	Kane Center	Ruthie
Friday	5:30PM	Kane Center	Ruthie

Zumba

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

Tuesday	7:30PM	Kane Center	Joanne
Wednesday	7:00PM	Kane Center	Stefanie
Thursday	7:30PM	Kane Center	Joanne
Saturday	12:00PM	Kane Center	Stefanie

FOR CLASS UPDATES & CANCELLATIONS



**FOLLOW @CATHOLICFITREC
OR CHECK**

**FITNESS-
RECSPORTS.CATHOLIC.EDU**

FREE PERSONAL & GROUP TRAINING!

*Set your appointment at
Kanecenter.cua.edu*

PICK-UP BASKETBALL

*Court reserved for basketball:
Mon, Tues, Thurs 5-7pm
All other times are open*

For questions or accommodations, please contact fitness-recsports@cua.edu