

Trent Athletics Campus Recreation Fitness Program Fall 2008

Classes begin Monday, November 10th, and run for three weeks!

Registration: Begins Monday, November 3rd in the Athletic Department Office
(2nd floor of the PSB Wilson Athletic Complex)
Monday to Friday 9am – 4:30pm

One fee covers all land classes!

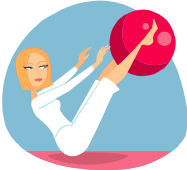

Fees: Trent students \$20
Athletic Members \$50 + GST
Non-Members \$125 + GST

We will be offering a reduced fitness schedule in December! Watch the website for details in late November!

Winter Classes run from Monday, Jan 5 to Friday, March 27

There will be no classes during the Winter Reading Break (Feb 16 - 20)

Space is limited in all classes - first come, first served. Classes are held in the Multi-Purpose Room (2nd floor) unless stated otherwise. **Only indoor athletic footwear is allowed, and shoe tag (provided upon registration) must be visible.**

Mondays	Tuesdays	Wednesdays	Thursdays
12:00 – 1:00pm Beginner's Ashtanga Yoga		10:00am – 12:00pm Mindfulness Workshop Register in advance in the Athletic Department Office	12:00 – 1:00pm Zumba
1:30 – 2:30pm Bellydancing	3:30 – 4:30pm Yoga Rhythm	12:00 – 1:00pm Beginner's Hatha Yoga	1:15 – 2:15pm Beginner's Hatha Yoga
	4:45 – 5:30pm Stability Ball	1:00 – 2:00pm Intermediate's Hatha Yoga	2:30 – 3:30pm Stability Ball
	5:45 – 6:15pm Boot Camp	4:30 – 5:30pm Learn to Erg	3:45 – 4:30pm Core Conditioning <i>no class November 20</i>
	6:15 – 6:45pm Butt and Belly Boot Camp	6:00 – 7:30pm Kickboxing <i>November 19, 26</i>	4:45 – 5:15pm Butt and Belly Boot Camp <i>no class November 20</i>
	7:15 – 8:30pm Women's Only Weight Training & Orientation Meet in Main Weight Room	7:30 – 8:30pm Bellydancing	5:30 – 6:45pm Tai Chi

Women's - Only Weight Room Hours

Now is the time to commit to regular weight training!

Improve your flexibility, strength and tone and define your physique.

Beginning in November – Tuesdays, 7:00 - 9:00 pm in the Main Weight Room





FITNESS PROGRAM DESCRIPTIONS



BEGINNER'S ASHTANGA YOGA: Ashtanga means "eight limbs" and refers to a yoga practice that synchronizes breath with a progressive series of postures. This beginner's class focuses on the foundations of the primary series - sun salutations and standing, balancing and seated postures. Ashtanga builds strength, improves circulation, increases flexibility and calms the mind chatter. All levels welcome.

BEGINNER'S HATHA YOGA: A uniquely integrated approach to Hatha Yoga in which the art of the human spirit powerfully blends with the science of biomechanics. The asana practice integrates the celebration of the heart and Universal Principles of Alignment with balanced energetic action. Each student's various unique abilities and limitations are honoured. Align with the pulsation and flow of nature!

BELLYDANCING: Bellydancing is a great workout for your cardiovascular system. By stretching and strengthening your core, it helps to improve overall posture and self-esteem. This class will teach you basic bellydancing movements (from various bellydancing disciplines) and how to put movements together in a dance routine. Wear comfortable clothing. Bare feet or athletic footwear only.

BOOT CAMP: This 30 minute non stop workout will get you heart pumping and body moving! this challenging and fun workout will leave you wanting to come back for more! get into shape quickly while having a lot of fun!

BUTT AND BELLY BOOTCAMP: Go to war against those extra inches in unwanted places. For 30 minutes, fight back. Get back in touch with your waistline in this challenging class that holds no mercy.

CORE TRAINING: A half an hour fitness class focusing on all of the muscles of the core. Core Training is excellent for improving posture and strength.

INTERMEDIATE HATHA YOGA: A powerful Hatha yoga class unifying a tantric philosophy of Innate Goodness with Universal Principles of Alignment. We delightfully dance with the flow of supreme Consciousness through each breath and every posture including standing poses, forward bends, hip-openers, twists, inversions, backbends, handbalancings, supine poses, and restoratives.

KICKBOXING: Want to experience an authentic kickboxing workout? In this class you will learn safe contact kickboxing using gloves and focus pads. This will be followed by a 40-60 minute cardio - contact kickboxing workout using all kicks, punches and blocks learned. All workouts will be done in pairs. Please wear loose clothing, walking or cross trainer shoes (no hiking shoes) and bring water.

LEARN TO ERG: Gain the skills and technique required to add dryland rowing to your fitness regime.

MINDFULNESS THREE DAY WORKSHOP: Mindfulness practice is in essence very simple: practicing being in the present moment, paying attention to your experience from moment to moment, without judgment. It has been found to be very helpful in terms of stress reduction, leading to an improved sense of well-being. It has also been found to be helpful for people who deal with chronic pain tied to medical conditions, lessening the impact of their symptoms. Wear comfortable clothing and if possible bring a yoga mat.

STABILITY BALL: Firm, trim, tone, energize and strengthen while having fun on the stability ball! This 45 minute class introduces new exercises, techniques, and ways to work muscle groups that you didn't even know existed! This class is suitable for all levels of exercisers who wish to improve their balance, core strength and agility.

TAI CHI: Tai Chi classes will introduce you to systems of gentle exercises which are helpful in relaxing, loosening, coordinating and strengthening the muscles. At more advanced levels and depending on the student's interests, these exercises are eventually performed more quickly and include practicing with a partner and/or with accessories. Participants should wear loose, comfortable clothing and indoor shoes.

WOMEN'S ONLY WEIGHT TRAINING AND ORIENTATION: Tone up and lean down! These classes are aimed to make you feel more comfortable and confident in the weight room. Topics covered will be: orientation on equipment, safe use of weight machines, stability ball training and core strengthening.

YOGA: Yoga is a creative synthesis of breath, body, and awareness that includes posture flows, breath work and guided relaxation. This class is both relaxing and energizing as it engages the body, clears the mind and rejuvenates the spirit. Participants should wear long-sleeved T-shirts or sweatshirts and socks and bring a towel. No previous yoga experience is necessary.

YOGA RHYTHM: Yoga Rhythm is a full body, fast paced practice focusing on the vinyasa form, connecting breath with movement. Yoga Rhythm will strengthen you, lengthen you, rejuvenate, tone and relax you to a fun and motivating soundtrack. The vinyasa and music creates a moving meditation so you can sweat, stretch and mellow out. Prepare to leave class refreshed. All levels welcome but some knowledge of sun salutations necessary.

ZUMBA: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, body energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Fitness is great for all levels whether a seasoned dancer, male or female, or you have two left feet! So come join the party and ditch the workout!