



# Fitness Class Schedule

Classes will be held at the Quincy University Health and Fitness Center.

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45 a.m. Morning Mash-Up Joyce W.		6:00 - 6:45 a.m. Morning Mash-Up Gary H.		
10:00 - 10:45 a.m. Senior Fit Gary H.		10:00 - 10:45 a.m. Senior Fit Gary H.		
12:15 - 12:45 p.m. Total Body Gary H.		12:15 - 12:45 p.m. Total Body Gary H.		12:15 - 12:45 p.m. Total Body Angela R.
5:30 - 6:30 p.m. *Power Pilates Joyce W.	5:30 - 6:15 p.m. POUND Jennifer P.	5:30 - 6:15 p.m. Total Body Darla P.	5:30 - 6:15 p.m. PiYo Brenna W.	
6:30 - 7:00 p.m. Total Body Joyce W.				

## QU fitness class definitions:

**Morning Mash-Up:** This class is sure to kick your day off right! Each class will vary - but one thing will remain the same - you will get a great workout. All levels welcome.

**Power Pilates** - Same as above, only performed with greater intensity.

**PiYo:** This class combines the muscle sculpting and core firming benefits of Pilates with the strength and flexibility advantages of yoga.

**Senior Fit:** The focus of the class is to introduce resistance training to older adults, or those who are at risk for/in stages of osteoporosis. Low level body weight exercises will be done using light weight dumbbells and resistance bands.

**Total Body:** It is just that- an awesome workout using a mix of muscle conditioning, body weight exercises and cardio for a full body burn!

**POUND:** Using Ripstix<sup>®</sup>, lightly weighted drumsticks engineered specifically for exercising, POUND<sup>®</sup> transforms drumming into an incredibly effective way of working out. It is easily modifiable and it is perfect for all ages and abilities.