<table>
<thead>
<tr>
<th>Time</th>
<th>Monday/Wednesday/Friday</th>
<th>Tuesday/Thursday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>6:15 A.M.</td>
<td>BODYPUMP Virtual</td>
<td>BODYCOMBAT Virtual</td>
<td>BODYFLOW Virtual</td>
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<tr>
<td>7:15 A.M.</td>
<td>GRIT Cardio Virtual</td>
<td>SH'BAM Virtual</td>
<td>Yoga Carolyn A</td>
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<tr>
<td>8:15 A.M.</td>
<td>Kickboxing Virtual</td>
<td>BODYPUMP Virtual</td>
<td>BODYCOMBAT Virtual</td>
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<td>9:15 A.M.</td>
<td>BODYFLOW Virtual</td>
<td>SH'BAM Virtual</td>
<td>Yoga Carolyn A</td>
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<tr>
<td>10:15 A.M.</td>
<td>Pilates HIIT Virtual</td>
<td>BODYPUMP Virtual</td>
<td>BODYFLOW Virtual</td>
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<tr>
<td>11:15 A.M.</td>
<td>BODYFLOW Virtual</td>
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**HOURS FOR SUMMER SESSION I**

- **Monday/Wednesday/Friday:** 6 a.m. - 2:30 p.m.
- **Tuesday/Thursday:** 11 a.m. - 7:30 p.m.
- **Saturday:** 10 a.m. - 4:30 p.m.

**GROUP FITNESS SCHEDULE**

**SUMMER I 2021**

**EFFECTIVE TUESDAY, JUNE 1**

- All classes require advanced registration online at play.binghamton.edu or through Binghamton University Campus Recreation’s app.
- Be sure to thoroughly clean and sanitize any equipment used. Please bring your own equipment (e.g. yoga mat) whenever possible.
- Individual cleaning supplies are available for checkout at the front desk.

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**GROUP FITNESS**

**SCHEDULE**

**HOURS FOR SUMMER SESSION I**

- **Monday/Wednesday/Friday:** 6 a.m. - 2:30 p.m.
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CLASS DESCRIPTIONS

**SPINNING®**

Spinning® is a rhythmic, music-based indoor cycling class that focuses on endurance, strength and intervals of varying intensity for a high energy workout.

**STRENGTH TRAINING**

Barre Burn fuses elements from Pilates, ballet and yoga for transformed hips, thighs, back and core.

BODYPUMP™ is a music-based barbell class that works all your major muscle groups using light to moderate weights with lots of repetition.

**YOGA/PILATES**

Vinyasa Yoga is a practice where smooth transitions between poses create a flow sequence. The class focus is on synchronizing your breath with movement to find calm and balance.

Yoga Pilates infuses elements from yoga, Pilates, calisthenics, gymnastics and dance for amazing results.

**DANCE**

Zumba® is a dance class that blends Latin and international rhythms for a fun and effective workout.

**VIRTUAL FITNESS**

BODYCOMBAT™ is a martial arts-inspired workout that incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

BODYFLOW™ is a yoga-based workout that incorporates Tai Chi and Pilates movements.

Core Strength is a 30-minute core workout that uses resistance tubes, weight plates and body weight exercises.

GRIT™ is a 30-minute high-intensity interval training (H.I.T.T.) workout that focuses on building strength (STRENGTH), improving cardiovascular fitness (CARDIO) or increasing agility and athletic performance (ATHLETIC).

Kickboxing is a high powered, cardio workout where you kick and punch your way to fitness in 30 minutes!

Pilates HIIT is a unique fitness class that alternates between core-strengthening Pilates moves and calorie-torching cardio bursts.

SH'BAM is a fun-loving and addicting dance workout. No experience necessary!

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**PLEASE NOTE THE FOLLOWING:**

- Advanced registration is required for all group fitness classes. Visit recreation.binghamton.edu or Campus Recreation’s app to reserve your class time.
- Please bring your own equipment (e.g. yoga mats, hand weights) to class when possible.
- Patrons are responsible for sanitizing any fitness equipment used after class.
- Most classes average 45 minutes in length, open to student, faculty, staff fitness members.
- Daily student guest passes are available for $8.
- Be on time for class. Due to safety concerns and the importance of warming up, late participants will not be allowed into class.
- Bags, books and coats must be stored in cubbies or lockers, but only for that specific class. Items cannot be left on the floor.
- Athletic attire is required at all times. Participants must also wear appropriate sneakers during all classes. Jeans, boots, and sandals are not allowed.
- Hours, class styles and instructors are subject to change.