### EFFECTIVE MONDAY, MARCH 9

#### GROUP FITNESS SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THURS.</th>
<th>FRI.</th>
<th>SAT.</th>
<th>SUN.</th>
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</thead>
<tbody>
<tr>
<td>6:45 A.M.</td>
<td>BODYPUMP Carolyn</td>
<td>GRIT Strength*</td>
<td>Vinyasa Yoga Lilah</td>
<td>BODYCOMBAT</td>
<td>BODYPUMP Berklel</td>
<td>Qigong Meditation Patti</td>
<td>BODYFLOW</td>
</tr>
<tr>
<td>7:45 A.M.</td>
<td>Zumba Rocky</td>
<td>Vinyasa Yoga Julia</td>
<td>Zumba Ashely</td>
<td>Barre Burn Alexander</td>
<td>Booty Boot Camp*</td>
<td>Spinning Abby</td>
<td>15-min Abs Abby</td>
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<tr>
<td>8:30 A.M.</td>
<td>Spinning Joshua</td>
<td>15-min Abs Joshua</td>
<td>Spinning Brittney</td>
<td>Spinning Abby</td>
<td>15-min Abs Abby</td>
<td>15-min Abs Abby</td>
<td>15-min Abs Abby</td>
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<tr>
<td>9:00 A.M.</td>
<td>Yoga Meditation Hannah R</td>
<td>Yoga Meditation Hannah R</td>
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<tr>
<td>9:30 A.M.</td>
<td>Boot Camp Goldie</td>
<td>Barre Burn Alyssa</td>
<td>Zumba Willa</td>
<td>Barre Burn Nayeli</td>
<td>Booty Boot Camp* Nayeli</td>
<td>15-min Abs Emily</td>
<td>15-min Abs Emily</td>
</tr>
<tr>
<td>9:40 A.M.</td>
<td>Spinning Joshua</td>
<td>Spinning Ali</td>
<td>Spinning Emily</td>
<td>Spinning Emily</td>
<td>Spinning Emily</td>
<td>Spinning Emily</td>
<td>Spinning Emily</td>
</tr>
<tr>
<td>9:45 A.M.</td>
<td>Total Body Toning Carolyn A</td>
<td>Boot Camp Jessica K</td>
<td>Barre Burn Jessica K</td>
<td>Vinyasa Yoga Hannah W</td>
<td>Barre Burn Alexandra</td>
<td>15-min Abs Alexandra</td>
<td>15-min Abs Alexandra</td>
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<tr>
<td>10:00 A.M.</td>
<td>Spinning Emma</td>
<td>Spinning Emma</td>
<td>Spinning Emma</td>
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<td>Spinning Emma</td>
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<tr>
<td>10:45 A.M.</td>
<td>Restorative Yoga Hannah W</td>
<td>Barre Burn Nayeli</td>
<td>Pop Pilates Ada</td>
<td>Total Body Toning Iminia</td>
<td>Booty Boot Camp* Iminia</td>
<td>15-min Abs Emily</td>
<td>15-min Abs Emily</td>
</tr>
<tr>
<td>11:05 A.M.</td>
<td>BODYFLOW</td>
<td>CXWORK*</td>
<td>Zumba Jaden</td>
<td>BODYPUMP Staff</td>
<td>BODYCOMBAT</td>
<td>GRIT Cardio*</td>
<td>Zumba Rashmi</td>
</tr>
<tr>
<td>11:10 A.M.</td>
<td>Barre Burn Staff</td>
<td>Spinning Jessica C</td>
<td>Spinning Jessica C</td>
<td>Spinning Jessica C</td>
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<td>Spinning Jessica C</td>
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<tr>
<td>11:45 A.M.</td>
<td>BODYCOMBAT</td>
<td>BODYPUMP Carolyn R</td>
<td>15-min Abs Carolyn R</td>
<td>Total Body Toning Carolyn A</td>
<td>Vinyasa Yoga Hannah R</td>
<td>Zumba Jaden</td>
<td>Barre Burn Erica</td>
</tr>
<tr>
<td>12:00 P.M.</td>
<td>Total Body Toning Staff</td>
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**Classes are 30 minutes**

Group fitness classes require a current fitness membership and are filled on a first-come, first-served basis. For the most up to date schedule, visit play.binghamton.edu.

Revised 3/5/2020
Most classes are 50 minutes in length, open to student, faculty, staff and community fitness members.

Classes are offered on a first come, first served basis.

You must use your B-Number and biometrics to check in to class.

Daily student guest passes are available for $8, see Front Desk for details.

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 Group Fitness classes. Jeans, boots, and sandals are not allowed.

Hours and class styles are subject to change. Visit play.binghamton.edu for the most up-to-date schedule.

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**CLASS DESCRIPTIONS**

### CARDIO/STRENGTH COMBINATION

**Boot Camp**

is an interval-style class that combines bodyweight exercises with cardio drills and strength training.

**Cardio Kickboxing**

combines martial arts techniques with fast-paced cardio for a total body workout — no equipment necessary!

**R.I.P.P.E.D.**

combines Resistance, Interval, Power, Plyometrics, Endurance, core and Diet. The class changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout.

**Steps & Strength**

is a high intensity cardio workout that utilizes a step (or platform) to target your legs, upper body and core.

**Total Body Toning**

is a fun and challenging class that works every major muscle group through high-endurance, strength-building exercises.

### 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.

**Spin and Strength**

is an indoor cycling class that incorporates weight sets after the ride to sculpt your arms and maximize your caloric burn.

*Class sizes are limited. Pre-registration for Spinning is recommended. E-mail FitSpace at exercise@binghamton.edu up to a day in advance OR check in at FitSpace up to 15 minutes before a class begins to pre-register. Reserved spots are only held until the start of class; members not present at the start of class will lose their spot. Remaining spots will be filled with participants on the wait list first, then walk-ins. If you cannot attend a class after pre-registering, please call to cancel your spot.*

### STRENGTH TRAINING

**15-min Abs**

allows you to strengthen your core in 15 fast and effective minutes.

**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.

**Booty Boot Camp**

helps you sculpt, lift and tone for the best backside results in 30 minutes!

### YOGA/PILATES/MEDITATION

**POP Pilates**

is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer’s body like nothing else can.

**Pure Pilates**

is a form of exercise focused on core strength, flexibility and mind-body awareness.

**Restorative Yoga**

involves only a few selected poses, which are held for a longer period of time than in conventional classes. The class focus is on slowing down, settling into the poses and reconnecting with your body.

**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 Meditation**

is a gentle yoga flow that ends in a well-deserved, centering meditation.

**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.

**CXWORX™**

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).

### SMALL GROUP TRAINING

**FIT-45**

is a small group training program led by a certified personal trainer in the SYNRGY360 functional training zone of FitSpace. This dynamic program combines intervals of cardio drills and strength training to improve endurance, burn calories and build lean muscle. FIT-45 is included in a fitness membership on a space-available basis.

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