

Spring 2019 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Full Body Strength 11:30 - 12:30 Martial Arts 12:30 - 2:00	Core Strength 11:30 - 12:30	Cycling 11:00 - 12:00 Martial Arts 12:00 - 1:30	Circuit Strength 11:30 - 12:30	Yoga 11:15 - 12:00 Martial Arts 12:00 - 1:30
Full Body Strength 11:30 - 12:30 Martial Arts 12:30 - 2:00	Core Strength 11:30 - 12:30	Cycling 11:00 - 12:00 Martial Arts 12:00 - 1:30	Circuit Strength 11:30 - 12:30	Yoga 11:15 - 12:00 Martial Arts 12:00 - 1:30
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Hatha Yoga - Jan. 25 - April 12 - Come move, stretch, breathe, and strengthen. Hatha Yoga promotes alignment, flexibility, balance, and deep relaxation. We will break down yoga poses, various breathing practices and meditation sequences to obtain greater focus and calm. If you're a complete beginner, this class is perfect for you! If you're a long time yoga practitioner, come refine your practice. (Instructor: Rebecca Douglas)

Martial Arts - A combination of traditional and nontraditional martial arts including kickboxing, kung fu, Jun Fan Gung Fu, Tai Chi and self-defense. Any fitness level welcome. (Instructor: Don Gelinas - Phone: (812) 429-9815 E-mail: dgelinas@ivytech.edu)

Circuit Strength - A 60-minute circuit style class designed to improve your strength and cardiovascular fitness level focusing on challenging the entire body. We will use a variety of fitness tools and body weight exercises to achieve our goals. Please bring water and a towel and the desire to sweat! (Instructor: Cody Riley)

Full Body Strength - A challenging 60-minute class designed to improve your fitness level focusing on the upper and lower body muscles. We will use a variety of fitness tools and body weight exercises to achieve our goals. Please bring water and a towel and the desire to work hard! (Instructor: Cody Riley)

Cycling - Come join us for this low-impact exercise class that will take you through simulation of cycling — Fast, flat roads, rolling hills, and long, slow climbs. Please bring water and a towel and plan to arrive 10 minutes prior to the start of the class for bike set-up. (Instructor: Cody Riley)



Welborn Foundation
Wellness & Fitness Center