


SUNY Cortland Group Exercise Schedule—Fall 2016

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

8:00-8:45 a.m.
Indoor Cycling
 Becky (SP)

4:00-5:00 p.m.
R.I.P.P.E.D 
 Hannah

5:00-5:45 p.m.
Indoor Cycling
 Kelsey (SP)

5:15-6:00 p.m.
Bikini Body
 Amelia

6:15-6:55 p.m.
H.I.I.T.
 JT

7:00-7:30 p.m.
For The Core
 JT

7:45-8:45 p.m.

 Michele

7:15-8:00 p.m.
Indoor Cycling
 Allison (SP)

6:15-7:00 a.m.
Indoor Cycling
 Charles (SP)

4:00-5:00 p.m.
Total Body Toning
 Malene

5:15-6:15p.m.

 Gabrielle

5:15-6:00 p.m.
Indoor Cycling
 Kristina (SP)

6:30-7:15 p.m.
Boot Camp
 JT

7:30-8:10 p.m.
H.I.I.T.
 Courtney

8:15-8:45 p.m.
For The Core
 Courtney

8:00-8:45 p.m.
Indoor Cycling
 Dan (SP)


7:00-7:45 a.m.
Indoor Cycling
 Becky (SP)

4:15-4:45 p.m.
For The Core
 Malene


5:00-5:45 p.m.
Indoor Cycling
 Kelsey (SP)

5:00-5:45 p.m.
Bikini Body
 Malene

6:00-7:00 p.m.
Boot Camp
 Kristina

7:15-8:15 p.m.
R.I.P.P.E.D 
 Hannah

7:15-8:00 p.m.
Indoor Cycling
 Dan (SP)

8:15-9:15 p.m.

 Gabrielle

6:15-7:00 a.m.
Indoor Cycling
 Charles (SP)

4:00-5:00 p.m.
Total Body Toning
 Amelia

5:15-6:15p.m.

 Michele

5:15-6:00 p.m.
Indoor Cycling
 Becky (SP)

6:30-7:15 p.m.
Boot Camp
 Kristina

7:30-8:10 p.m.
H.I.I.T.
 Kristina

8:15-8:45 p.m.
For The Core
 Kristina

8:00-8:45 a.m.
Indoor Cycling
 Danielle (SP)

4:15-5:00 p.m.

 Jessica

5:00-5:45 p.m.
Indoor Cycling
 Charles (SP)

5:15-6:00 p.m.
Bikini Body
 Courtney


6:15-6:45 p.m.
For The Core
 Courtney

1:00-2:00p.m.

 Danielle

SUNDAY

Time: 12:00-12:45p.m.
Indoor Cycling
 Charles (SP)

7:00-7:45 p.m.

 Jessica

All classes are in the group exercise room, unless otherwise indicated with the following:
 (SP) = Spinning Room
 (FT) = Functional Training Room

Follow us on social media for updates!
 Twitter: @CortlandGroupEx
 Instagram: @CortlandRecSports

General Information

The Recreational Sports Department at SUNY Cortland is pleased to provide the Group Exercise Program. This program offers a wide array of classes for students, faculty/staff, and their spouses/partners/dependents. All memberships can be purchased at the front desk in the student life center or online. We accept cash, connections, credit, and checks. We are offering a combination deal: Join the group exercise program and the mind/body program together and save money.

MEMBERSHIP PRICES:

Group Exercise Only

Students: \$30.00/semester

Faculty/Staff: \$50.00/semester

Group Exercise + Mind/Body*

Students: \$65.00/semester

Faculty/Staff: \$130.00/semester

Drop-In Fee

Students: \$5.00/class

Faculty/Staff: \$10.00/class

*See Mind/Body brochure for schedule, individual pricing, and other details.

ASSUMPTION OF RISK

Inherent risks are associated with every recreational activity. Participants assume these risks when they agree to participate. All participants are strongly advised to visit their physician for a physical examination prior to registration or participation.

Class Descriptions

Indoor Cycling: A fun, high energy, 45 minute cardio workout in which you can burn 500 calories or more per class! The instructor motivates you to bike at various resistances through different courses of hills and sprints. Open to all fitness levels.

R.I.P.P.E.D: Resistance. Intervals. Power. Plyometrics. Endurance. Diet. The one step body shock! This is a full body, high intensity workout. Utilizing free weights, resistance, and body weight are all active components of the class that correspond to upbeat and energizing music during each exercise.

Total Body Toning: This muscular strength and endurance training class works all the major muscle groups. Strengthen & tone your entire body by working your muscles to fatigue in this 60 minute weight lifting class!

TRX: Learn how to use the TRX suspension trainer! This course will allow you to improve your range of motion, flexibility, muscular strength and agility.

Zumba: A full body dance class which acts as a cardio and toning workout. Come dance to Latin rhythms and music. (Zumba Toning: Zumba, with weights!)

H.I.I.T.: High Intensity Interval Training is a combination of cardio and toning movements that has you working on the clock (literally).

For The Core: 30 minutes of abdominal toning exercise that will leave your mid-section ripped.

Boot Camp: Challenge yourself to complete a wide array of different exercises. Move from station-to- station & keep the exercises fresh and varied.

Bikini Body: This class is based off of the elements of Kayla Itsines *Bikini Body Guide*™ and incorporates both plyometrics with strength training!

Group Exercise Program Fall 2016

Indoor Cycling
R.I.P.P.E.D
Total Body Toning
TRX
Zumba
H.I.I.T
For The Core
Boot Camp
Bikini Body

The logo for SUNY Cortland, featuring a stylized red 'C' that curves around the word 'Cortland' in a serif font, with 'SUNY' in a smaller sans-serif font above it.

RECREATIONAL SPORTS

Questions? Comments? Concerns?

Contact Kelsey Leggett—
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