

SPRING SEMESTER 2024 - FITNESS CLASS SCHEDULE

Online class registration begins on **Wednesday, December 13** and ends on **Wednesday, January 3 at Noon**. Spring semester classes officially begin on **Monday, January 8** and end on **Friday, April 26**. To view and/or register for spring programs visit go.udayton.edu/hrtraining.

Cardio Bootcamp

Date: Mon. & Wed., Jan. 8 – April 24

Time: 7:15 – 8:05 am

Location: RecPlex, Studio B

Instructor: Michelle Daniel

Fee: \$20.00

Indoor Cycling Fridays

Date: Fridays Only, Jan. 12 – April 26

Time: 7:15 – 8:05 am

Location: RecPlex, Studio A

Instructor: Rio Light

Fee: \$10.00

Pilates

Date: Mon. & Fri., Jan. 8 – April 26

Time: 12:15 – 1:00 pm

Location: RecPlex, Studio B

Instructor: Alexis McLaughlin

Fee: \$20.00

LaBlast Dance Fitness

Date: Mon. & Wed., Jan. 8 – April 24

Time: 5:00 – 5:50 pm

Location: RecPlex, Studio B

Instructor: Dana Tobias

Fee: \$20.00

Free Virtual Meditation

Date: Fridays Only, Jan. 12 – May 31

Time: 11:30 – 12:00 pm

Meeting ID: 835 9039 1209

Passcode: 092856

[Zoom Link](#)

Dynamic Flow Power Yoga

Date: Tues. & Thurs., Jan. 9 – April 25

Time: 7:15 – 8:05 am

Location: RecPlex, Studio B

Instructor: Michelle Daniel

Fee: \$20.00

Yoga RecPlex

Date: Tuesdays Only, Jan. 9 – April 23

Time: 12:15 – 1:00 pm

Location: RecPlex, Studio B

Instructor: Jessica Roller

Fee: \$10.00

Total Body Strength

Date: Mon. & Wed., Jan. 8 – April 24

Time: 11:15 – 12:00 pm

Location: RecPlex, Studio B

Instructor: Rio Light

Fee: \$20.00

Core & More

Date: Thurs. Only., Jan. 11 – April 25

Time: 5:00 – 5:50 pm

Location: RecPlex, Studio B

Instructor: Kendra Lucas

Fee: \$10.00

Hip & Knee Strength and Stretch

Date: Wed. Only, Jan. 10 – April 24

Time: 12:00 – 12:50 pm

Location: RecPlex, Studio B

Instructor: Rio Light

Fee: \$10.00



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Day Yoga Studio Discount for UD Employees: Day Yoga Studio is now offering a discounted rate for UD faculty and staff! The discounted rate is the same rate given to students, seniors, and military personnel. Please see below for additional information. To receive the discount, employees will need to show their UD ID card at the time of purchase.

- Drop In: **\$14** originally \$17
- 5 Class Pass: **\$60** (3-month expiration) originally \$70
- 10 Class Pass: **\$110** (3-month expiration) originally \$120

Group Fitness Class Descriptions

- **LaBlast Fitness:** LaBlast Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on *Dancing with the Stars*. It is partner-free, includes all components of fitness, and uses music from every era & genre. Louis' well-known saying is 'if you can clap it, you can dance it', and the LaBlast program is modeled exactly after that. Clapping the timing of the dance is the first step in understanding the rhythms and being able to execute them correctly. From there, you choose your own intensity by adding optional plyometric movements, light weights, heavy weights, or simply keeping your workout low impact. This is a program that is truly for every BODY at any stage of your fitness journey.
- **Pilates:** We will perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Resistance bands, stability balls, small balls, and even light hand weights are sometimes incorporated into the Pilates practice to create challenge and add variety to the workout. Our motto: "If you're not laughing, you're doing it wrong".
- **Yoga Tuesdays and Thursday Mornings (Michelle):** Step into a transformative yoga experience that seamlessly blends strength, flexibility, and mindfulness, guiding you on a journey to harmonize your mind, body, and spirit. This dynamic class is designed to invigorate your body with powerful poses, enhance flexibility through intentional stretches, and cultivate mindfulness for a balanced and centered existence.
- **Yoga Tuesday Afternoon (Jessica):** This Vinyasa Yoga flow style class will help you balance your Chakras while gaining strength and flexibility. Beginners and seasoned yogis will enjoy the energetic and adaptable sequencing.



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- **Indoor Cycling Fridays:** A serious calorie burner to start your day and end your week! During your cycle journey you will focus on endurance, strength, and intervals. Your journey will include a variety of music, varied terrain rides, and various movements to improve your health and endurance! Follow the pace of the instructor or set your own pace to meet your personal goals. Start your morning with positive energy! All levels are welcome.
- **Core & More:** Your core is the powerhouse for all movement. This class focuses on strengthening your core (abs, glutes, hips, low back, shoulders, diaphragm), improving body awareness, and increasing flexibility to leave you feeling strong, centered, and calm. All levels are welcome!
- **Cardio Bootcamp:** Cardio Bootcamp is a **unique 45-minute class that has a combination of Strength, core training and cardio**. It is an upbeat and challenging class designed to strengthen your body, keep your heart healthy and burn calories.
- **Hip & Knee Strength and Stretch:** The one class that will focus on building strength in your hips and knees. Working to improve the stability and strength of your hips will improve overall daily activities. We will strengthen the muscles that support your knees to improve mobility and maintain the integrity and health of these necessary joints. Class will end with gentle stretching and mobility using a variety of methods that will include bands. This stretching will restore and maintain range of motion and prevent injury.
- **Total Body Strength:** This class will work your whole body from the top of your head to the tip of your toes. Build strength, balance, and endurance using a variety of equipment and styles. You can choose low impact or BLAST your body to the max. You will watch yourself become stronger week by week with a guarantee to never grow bored with the same routine. Building strength and confidence while having a blast doing it! This class is designed for all levels.
- **Meditation:** Heartfulness is a simple practical way to experience the heart's unlimited resources. It includes guided relaxation, and meditation techniques. The Beavercreek Natural Path Meditation Center will be offering free weekly Heartfulness relaxation & meditation classes, on campus, for University of Dayton Faculty and Staff. Heartfulness meditation is practiced in over 100 countries around the world. Please visit website www.heartfulness.org for guided relaxation videos and more information on Heartfulness meditation. Meditation will be offered throughout the semester and is free to Faculty and Staff, walk in's welcome.



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