

GROUP EXERCISE CLASSES

Through our group exercise classes, we offer a challenging, invigorating & energizing variety to your cardiovascular workouts. We're sure you'll enjoy each of the classes listed below. For a complete description of the classes & group exercise policies, visit our website at www.src.unc.edu.

CARDIO: BURN CALORIES & INCREASE YOUR CARDIOVASCULAR HEALTH

Variety Pack	Sun	4:00-5:00pm
Ultimate Cardio	F	4:00-5:00pm
Step Combo	T	4:00-5:00pm
	Th	8:15-9:00am
Step 30/20/10	Th	12:30-1:30pm
Step Challenge	M & W	6:30-7:30pm
Step Interval	T/Th	6:30-7:30pm
Step & Sculpt	T	12:30-1:30pm
	Sat	11am-noon
Step & Funk	Th	4:00-5:00pm
Afro Latin Fusion	M	4:00-5:00pm
Step	M	5:15-6:15pm
Step & Box	Sat	4:00-5:00pm
Cardio Kickboxing	M & W	8:00-9:00pm
	T	8:15-9:00am
	Sun	5:30-6:30pm
Box 30/20/10	M	3:30-4:30pm
	Th	5:15-6:15pm
GI Jabbb	T	5:15-6:15pm
	W	3:30-4:30pm
Boot Camp	W	5:15-6:15pm
Jump!	T & Th	3:00-3:30pm
Funk	W	4:00-5:00pm

AQUA: EXERCISING IN WATER MADE FUN

Aqua Motion	T & Th	5:15-6:15pm
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SCULPT: DESIGN THE BODY OF YOUR DREAMS

Muscle Cut	M	8:15-9:00am
	M & W	6:15-7:15pm
	T & Th	5:10-6:10pm
	F	4:30-5:30pm
Guts, Butts & Thighs	M	7:30-7:50pm
	T	3:30-3:50pm
Rear Attitude	M	4:35-5:00pm
	W	7:30-7:50pm
Upper Cut	Th	3:30-3:50pm
Absolution	T & Th	7:30-7:50pm
	W	4:35-5:00pm

FLEXIBILITY/STRETCH: ENHANCE YOUR MIND & BODY

Pilates	W	8:15-9:00am
	T	4:00-5:00pm
	Th	4:40-5:10pm
Yoga Strength	F	5:00-5:30pm
Yoga	T & Th	7:30-8:45pm
	F	11am-noon

GROUP INDOOR CYCLING PROGRAM

Level 1	F	3:00-3:45pm
Level 2	M & W	12:15-1:15pm
	M & W	7:30-8:30pm
	T	11:00-12:00pm
	W	4:00-5:00pm
	Th	4:00-4:40pm
	F	12:15-1:15pm
	Sat	10:30-11:30am
Level 3	M & W	5:10-6:10pm
	T & Th	6:15-7:15pm

* SCHEDULE IS SUBJECT TO CHANGE

SPECIAL EVENTS & PROGRAMS

The SRC offers special events that help our patrons achieve above & beyond what they imagine possible. Our special event & program offerings for Spring 2005 include the following: (Note: all dates, times & locations listed are subject to change)

SRC Combine

Friday, January 28 • 3-5pm • SRC Group Exercise Studios

If you've always wanted to know your level of physical fitness, this is the program for you! SRC Combine is a one-day fitness assessment program offered to help patrons establish a baseline for their physical fitness goals. The program includes a 10-yard shuttle run, endurance & agility. The program includes a 10-yard shuttle run, 1-minute push-up test, vertical jump test, and sit-and-reach flexibility measure. This is a FREE, walk-in program (no registration required) for eligible patrons of the SRC.

Women on Weights

Jan-Feb • TBA • SRC Weight Room Floor

Women on Weights (WOW) is the ground-breaking, empowering weight training program designed specifically for our female patrons. WOW is designed to educate female patrons on the significance of weight training in attaining an optimal level of personal health. For a small registration fee (\$50) you will receive 10 training sessions with our Personal Trainers (valued at \$170). Registration is required, and the program will be limited to 16 participants.

Show of Strength & Endurance

Friday, February 25 • 4-6pm • SRC Group Exercise Studios

This event features a 1-rep maximum bench press competition and a push-up endurance test (in accordance with a metronome set at 60 beats per minute; 30 push-ups per minute). Awards are given in each division (men's & women's) for the heaviest weight lifted, the strongest participant based on bodyweight, and the most push-ups completed. Registration is required, but this program is FREE to eligible patrons of the SRC.

Gladiator Challenge

Friday, April 1 • 4-6pm • TBD

Gladiator Challenge is the apex of Spring 2005 programs. This is an intense, physically challenging event that encourages participants to maximize their performance potential. The event is a combination of various events testing strength, speed, agility & endurance - all components of physical fitness. Teams of 2 (male & female divisions) compete in several preliminary events (i.e. Tug-o-War, Touchdown, Agility Ball) & an obstacle course. The team with the fastest time in the obstacle course wins the Gladiator Challenge. For \$4 per team, you can register for this amazing event. Registration will be limited to 20 teams maximum.

Fitness Instructor Training Program

Information Sessions: Wednesday, January 19 • 5:30pm
& Thursday, January 20 • 4pm • SRC Conference Room

Are you interested in teaching a group exercise class? The FITP is a 50 hour (20 theoretical & 30 practical) program that prepares interested students to teach safe, effective & motivating classes. Trainees receive training on exercise instruction fundamentals including physiology, class format & design, & the skill of teaching. More information on this program is available on our website, www.src.unc.edu.

