GROUP EXERCISE SCHEDULE
CLASSES START JANUARY 25!

Classes are free for Simmons graduate and undergraduate students!

**Schedule**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00</td>
<td>1</td>
<td>5</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>5:00</td>
<td>2</td>
<td>2</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>6:00</td>
<td>3</td>
<td>4&amp;8</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>7:00</td>
<td>1</td>
<td>1</td>
<td>5&amp;8</td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td></td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Maximum class size is 30 individuals. Classes are filled on a first-come, first-served basis.

**Align & Flow Yoga**
60 minutes. Dylan: Mon/Tue. Delaney: Wed

Utilizing Sun Salutations, strength building and connected movements, Align and Flow Yoga will build confidence and help you discover more peace and joy. All are encouraged to accept the beauty of their practice without needing to achieve anything other than coming into the present moment and truly experiencing it. All levels welcome. Please bring your own mat if you have one.

**Pilates**
60 minutes. Lauralyn: Mon/Tue. Amanda R: Wed/Thur

Classes focus on developing core strength, flexibility, balance and stamina. Exercises are at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

**Butts & Guts**
30 minutes. Amanda

Butts & Guts focuses specifically on developing strong, powerful lower body and core muscle groups in a short 30 minute class by using various types of resistance training techniques, including resistance bands and body weight training.

**Zumba**
60 minutes. Susan: Mon/Tue. Lindsey: Wed/Thur

Zumba Fitness is a Latin-inspired dance class workout based on the principle that a workout should be "Fun and Easy to Do". On top of being tons of fun, Zumba torches calories. Zumba combines rhythms such as salsa, merengue, Cumbia, reggaeton, and of course hip hop. Anyone and everyone can do Zumba, it takes the work out of work out!

**Kickboxing**
60 minutes. Amelia

Cardio Kickboxing- Cardio kickboxing is a combination of cardio exercise and self-defense. Come for a great workout of jumping, kicking, punching, and heart-pumping fun that will challenge your cardio fitness and give you a full body workout!

**LGBTQIA Yoga**
60 minutes. Jade

Have you ever felt nervous about going to class because you didn’t feel like you, your body type, or expression would be represented by others in the room? This LGBTQIA yoga class is an all-levels align and flow class that encourages students to bring openness, awareness, and non-judgment to their practices and will work to make a space that affirms all of our identities. LGBTQIA folks of all identities, expressions, bodies, sizes and abilities welcome. Allies are also welcome! Wear whatever makes you feel comfortable, except for jeans.

**ABS**
60 minutes. Amanda

Flatten your stomach, and strengthen your mid section while improving your core stability, balance and posture in this awesome conditioning workout for your torso and abdominal area.

**Spin**
60 minutes. Sam: Tue. Ayna: Wed. Sarah B: Thur

Whether you're an avid cyclist or just love the high-energy of a fitness class, this ride is for you. This class is taught with an endurance road ride in mind-complete with hill climbs, intervals and music that will keep you wanting more.

Email fit@simmons.edu to be added to our mailing list!