

REBEL X

Spring 2014
February 3rd – May 16th

All Classes are **FREE** for students and SRWC Members. Subject to change.

MONDAY

Class	Room	Time
Yoga	2015	12:00-1:00pm
CoreX	2040	12:15-12:45pm
Bootcamp	2015	5:00-6:00pm
Hot Island Hula	2025	5:00-6:00pm
Indoor Cycling	1110	5:00-6:00pm
Aqua Zumba	Pool	6:15-7:15pm
Yoga	2015	6:15-7:15pm
Judo	2040	7:00-9:00pm
Indoor Cycling	1110	7:30-8:30pm
Pilates	2015	7:30-8:30pm
Zumba	2015	8:45-9:45pm

TUESDAY

Class	Room	Time
Tai Chi	2040	12:00-1:00pm
Yoga	2025	12:00-1:00pm
Indoor Cycling	1110	5:00-6:00pm
Yoga	2015	5:00-6:00pm
Cardio Explosion	2025	6:15-7:15pm
Indoor Cycling	1110	6:15-7:15pm
Zumba/Toning	2015	6:15-7:15pm
Boxing	2040	7:00-8:00pm
Hip Hop	2015	7:30-8:30pm

WEDNESDAY

Class	Room	Time
Bootcamp	2015	7:00-7:30am
Yoga	2015	12:00-1:00pm
CoreX	2040	12:15-12:45pm
Hip Hop	2025	5:00-6:00pm
Indoor Cycling	1110	5:00-6:00pm
Pilates	2015	5:00-6:00pm
Indoor Cycling	1110	6:15-7:15pm
Yoga	2015	6:15-7:15pm
Zumba	2025	6:15-7:15pm
Judo	2040	7:00-9:00pm
Hot Island Hula	2015	7:30-8:30pm

THURSDAY

Class	Room	Time
CoreX	2015	6:15-6:45am
Tai Chi	2040	12:00-1:00pm
Hip Hop	2015	5:00-6:00pm
Indoor Cycling	1110	6:15-7:15pm
Yoga	2015	6:15-7:15pm
Zumba/Toning	2025	7:00-8:00pm
Boxing	2040	7:00-8:00pm
Bootcamp	2025	9:00-10:00pm

FRIDAY

Class	Room	Time
Zumba/Core	2025	12:00-1:00pm
Yoga	2015	12:00-1:00pm
Bootcamp	2025	5:00-6:00pm
Indoor Cycling	1110	5:30-6:30pm
Yoga	2025	6:15-7:15pm
Judo	2040	7:00-9:00pm

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No classes President's Day
Monday, February 17th

CLASS DESCRIPTIONS

All fitness and experience levels welcome at all classes!

No registration required. Classes fill up quickly!

Arrive 5-10 minutes before class time to ensure a spot and prepare.

Aqua Zumba Dance in the water? We're taking the Latin-inspired dance routine from land to the pool to provide you another exciting cardio workout.

Bootcamp Take your workout to the next level! This 60-minute, high intensity sports conditioning class will focus on strength, agility, and speed in a nonstop cardio/strength format.

Boxing Take a jab at learning the science of boxing and a tough total body workout. This class features traditional boxing moves, combinations, and skipping drills to increase muscular strength, coordination and cardiovascular fitness.

Cardio Explosion A variety of exercises put into one experience; bootcamp, pilates, core, dance, and yoga at the same time. This class offers a variety of benefits including strength, endurance, flexibility and cardio.

CoreX Short on time or looking for that extra push? Let us get your heart pumping with core-specific exercises to strengthen the most integral part of your body.

Hip Hop High energy cardio workout. Express yourself with freeform movements and learn choreographed routines.

Hot Island Hula This class includes basic hip movements, traveling across the floor, and a short routine. The stretches and isolations tone and strengthen the abs and thighs, and the use of different rhythms in different parts of the body helps improve coordination. Great conditioning for ballet, tap or hip hop.

Indoor Cycling No worrying about complicated choreography—just get into the rhythm and sweat like you never have before! 60 minute fun and challenging routine on a stationary bicycle—you control the intensity of your workout. For your comfort and safety, arrive 5–10 minutes early for bike set-up. Class is limited to 11 participants on a first come first serve basis.

Judo A Japanese martial art and an Olympic sport that consists of throwing and grappling techniques. With Judo, one can learn how to use strength, skill and leverage with maximum efficiency. It is a form of self-defense and a means of self improvement.

Pilates Create a balance between strength and flexibility. Helps stress relief, improved posture, coordination, balance, flexibility and increased core strength and inner awareness.

Tai Chi Tai Chi combines fluid movements of the upper and lower body to produce a subtle and powerful full-body exercise. In this class you will learn a set of moves that compose the "24 Form" of the Yang Style.

Yoga Dynamic series of poses to increase flexibility, physical strength, and inner balance. Emphasis on alignment, coordinated with the breath, self-awareness and deep relaxation.

Zumba This class combines Latin and international music with dance to make exercise fun. Aerobic interval training with a combination of rhythms that tone and sculpt the body.

Zumba/Core A dual class with the first half consisting of basic Zumba: Latin and international music with dance to make exercise fun. The second half of the class is devoted solely to sculpting and strengthening your core.

Zumba/Toning This class features exotic rhythms set to high-energy Latin and international beats, as well as some other well-known musicians. Learn how to use lightweight toning sticks or dumbbells to enhance rhythm and tone all the target zones; including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

**Get active, learn new skills
and connect with other
Rebels!**

