

REBEL X

Spring 2016
January 25th – May 13th

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

MONDAY

Class	Room	Time
Yoga	2015	7:00-8:00am
Bootcamp	2015	12:00-1:00pm
Indoor Cycling	1110	12:00-1:00pm
<i>Express Yoga</i>	2025	12:15-12:45pm
Indoor Cycling	1110	5:30-6:30pm
Barre <i>(New)</i>	2015	5:30-6:30pm
Yoga	2025	5:30-6:30pm
Pilates	2015	6:45-7:45pm
Hot Hula	2025	6:45-7:45pm
Indoor Cycling	1110	7:00-8:00pm
Judo	2040	7:00-8:00pm
Core X	2025	8:00-8:30pm
Zumba	2015	8:00-9:00pm

TUESDAY

Class	Room	Time
Indoor Cycling	1110	7:00-8:00am
Pound	2015	12:00-1:00pm
Yoga	2025	12:00-1:00pm
Tai Chi	2040	12:00-1:00pm
<i>Hydro-Tone (New)</i>	Pool	12:15-12:45pm
Indoor Cycling	1110	5:30-6:30pm
Yoga	2015	5:30-6:30pm
Ballroom Dance <i>(New)</i>	2025	5:30-6:30pm
Zumba	2015	6:45-7:45pm
Bootcamp	2025	6:45-7:45pm
Boxing	2040	7:00-8:00pm
Pilates	2025	8:00-9:00pm

WEDNESDAY

Class	Room	Time
Yoga	2015	7:00-8:00am
Bootcamp	2015	12:00-1:00pm
Indoor Cycling	1110	12:00-1:00pm
<i>Express Yoga</i>	2025	12:15-12:45pm
Indoor Cycling	1100	5:30-6:30pm
Bootcamp	2015	5:30-6:30pm
Yoga	2025	5:30-6:30pm
Pilates	2015	6:45-7:45pm
Hot Hula	2025	6:45-7:45pm
Indoor Cycling	1110	7:00-8:00pm
Judo	2040	7:00-8:00pm
Core X	2025	8:00-8:30pm
Zumba	2015	8:00-9:00pm

THURSDAY

Class	Room	Time
Indoor Cycling	1110	7:00-8:00am
Pound	2015	12:00-1:00pm
Yoga	2025	12:00-1:00pm
Tai Chi	2040	12:00-1:00pm
<i>Hydro-Tone (New)</i>	Pool	12:15-12:45pm
Yoga	2015	5:30-6:30pm
Ballroom Dance <i>(New)</i>	2025	5:30-6:30pm
Zumba	2015	6:45-7:45pm
Indoor Cycling	1110	7:00-8:00pm
Hip-Hop	2025	7:00-8:00pm
Boxing	2040	7:00-8:00pm

FRIDAY

Class	Room	Time
Yoga	2015	7:00-8:00am
Yoga	2015	12:00-1:00pm
Barre <i>(New)</i>	2015	1:30-2:30pm



No Classes:
February 15th (Presidents Day)

Spring Break (March 21-25) will
have an alternate schedule.



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.**

Barre: A new popular class that is ballet-inspired, incorporating a ballet barre and maybe some plies and pirouettes here and there into the workout. Barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. This class will improve strength, cardio, mobility, and flexibility.

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.

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.

Ballroom Dance: Dance is the universal language of movement. Experience the joy of moving to music while improving your fitness and burning 300 – 500 calories! No experience required. Combine social leisure with specialized exercise. DanceSport enhances cardio fitness, stamina, flexibility, as well as balance and coordination. Dance styles can actually be applied to social situations outside of the health and competition circuit.

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.

Hydro-Tone: This water based class will use specially designed equipment to work on both strength and aerobic training. The class will consist of resistance training inside the pool which is the best form of no/low impact strength training. Proper swimsuit attire is required

Indoor Cycling: A group experience on specifically designed stationary bikes. Our instructors will guide you through an intense ride, describing hills and simulating the terrain. You have the freedom to make your workout as challenging as you want. 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: Uses a series of throws, as well as grappling techniques, to win a judo match, where other martial arts use kicking and punching. Judo training includes self-defense, cardiovascular training, strength conditioning, improving balance and self-confidence.

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

POUND: This is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Burn between 400-900 calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique!

Tai Chi: Tai Chi is a graceful form of exercise that focuses on slow movements and balance. Come ready to learn how to control your breathing, meditate and reduce stress and anxiety.

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.

**Spring Semester is here; it is time to create some healthy habits!
If you have any questions regarding the Rebel X Classes, please contact us at
srwc.fitness@unlv.edu.**