Fall 2018 Group Exercise Class Descriptions

Yoga

Stationary Yoga

Day & Time: Sundays 5-6PM
Instructor: Terri
FREE: No registration required. Pop in whenever you want!
Open to students, faculty and staff.
Class Dates: 9/9, 9/16, 9/23, 9/30, 10/7, 10/28, 11/11, 11/18, 12/2
Location: Alumni Gym, basement of Alumni Hall
Class Description: The Verge Yoga Stationary Sequence will help you build physical and mental stability. Poses include Standing, Balancing, Twists, Core-Strengthening, Backbends and Forward Bends. The focus on mindful movement and alignment will help you find your inner strength, stability and clarity. Perfect for athletes.
Best suited for beginners. Intermediate and advanced participants welcome.
Notes: Please bring your own mat.

Vinyasa Yoga

Day & Time: Mondays: 12-1PM
Instructor: Janine
Registration Fee: $35
Who can register: Students, Faculty, Staff, Friends of Villanova
Class Dates: 9/10, 9/17, 9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3
You do not have to be available to attend all class sessions in order to register
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 30 participants
Class Description: This invigorating flow-style yoga class combines poses in dynamic flowing sequences to build flexibility, strength, balance, focus and endurance. Experience physical awareness and new potential. Step onto your mat, unite movement and breath, and come away feeling rested yet energized in mind and body.
Best suited for Intermediate and advanced participants. Beginners are welcome.
Notes: Mats will be available for your use.

Power Yoga

Day & Time: Mondays: 6:45-7:45PM
Instructor: Abbie
Registration Fee: $35
Who can register: Students, Faculty, Staff, Friends of Villanova
Class Dates: 9/10, 9/17, 9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3
You do not have to be available to attend all class sessions in order to register
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 30 participants
Class Description: A high intensity, calorie-burning exercise that combines mental, physical and spiritual benefits of yoga. Power yoga builds strength, flexibility, focus and endurance while connecting breath with movement. Be prepared to sweat and smile! All yoga levels welcome.
All levels welcome. Best suited for Intermediate and advanced participants.
Notes: Mats will be available for your use.
Vinyasa Yoga  
**Day & Time:** Tuesdays 12-1PM  
**Instructor:** Krista  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** This invigorating vinyasa style yoga class combines poses in dynamic flowing sequences to build flexibility, strength, balance, focus and endurance. Experience physical awareness and new potential. Step onto your mat, unite movement and breath, and come away feeling rested yet energized in mind and body.  
**Best suited for intermediate participants. Beginners welcome.**  
**Notes:** Mats will be available for your use.

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Vinyasa Yoga  
**Day & Time:** Tuesdays 6:30-7:30PM  
**Instructor:** Jessica T.  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** A physically challenging and strength-building vinyasa yoga class where you will link breath with movement through creative posture sequencing. Appropriate for those looking to cultivate strength and flexibility, clear the mind and invigorate the body in a non-competitive environment. Some previous yoga experience is helpful but not necessary.  
**Notes:** Mats will be available for your use.

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Beginner Vinyasa Yoga  
**Day/Time:** Wednesdays: 12-1PM  
**Instructor:** Karen  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd fl., Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** This invigorating vinyasa style class is 60 minutes of complete physical awareness to awaken your mind as you stretch and strengthen every muscle in your body. Unite body and breathe through movement as you flow through class. While a basic knowledge of poses and alignment is recommended, it is not essential, as modifications will be offered for the beginning student. Intermediate postures such as arm balances and inversions will be offered as well.  
**Best suited for beginners. All levels welcome.**  
**Notes:** Mats will be available for your use.
Vinyasa Yoga  
**Day & Time:** Thursdays 12-1PM  
**Instructor:** Krista  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** This invigorating vinyasa style yoga class combines poses in dynamic flowing sequences to build flexibility, strength, balance, focus and endurance. Experience physical awareness and new potential. Step onto your mat, unite movement and breath, and come away feeling rested yet energized in mind and body.  
**Best suited for intermediate participants. Beginners welcome.**  
**Notes:** Mats will be available for your use.

Power Yoga  
**Day/Time:** Thursdays 7-8 PM  
**Instructor:** Emily  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/8, 11/15, 11/29, 12/6, 12/13  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd fl., Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** Power yoga is a slightly faster-paced class designed to focus on linking breath to the flow of the poses. This class concentrates on alignment and the fluidity from one pose to the next. The sequence is a total body workout that creates longer, leaner muscles and supports the creation of mobility throughout the body.  
**Best suited for intermediate participants. Beginners welcome.**  
**Notes:** Mats will be available for use.

Vinyasa Yoga  
**Day & Time:** Fridays 12-1PM  
**Instructor:** Lorraine  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** This invigorating vinyasa style yoga class combines poses in dynamic flowing sequences to build flexibility, strength, balance, focus and endurance. Experience physical awareness and new potential. Step onto your mat, unite movement and breath, and come away feeling rested yet energized in mind and body.  
**Best suited for intermediate to advanced participants. Beginners welcome.**  
**Notes:** Mats will be available for your use.
Body Toning

Body Toning
Day/Time: Mondays 1:10-1:55PM
Instructor: Kate
Registration Fee: $35
Who can register: Faculty, Staff, Friends of Villanova
Class Dates: 9/10, 9/17, 9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 22 participants
Class Description: Envy First-lady Michelle Obama’s defined arms? How about Jennifer Aniston’s toned legs? Yes? Then this is the class for you! In this class, we’ll focus on total-body strength-training and conditioning. We’ll work out with dumbbells and lift our own body weight. This class emphasizes muscular endurance and will get you toned from head to toe – working all the major muscle groups while enhancing your overall fitness level, strengthening posture, improving functional fitness abilities, and building strong bones. Lift the weight that challenges you, and progress at your own pace. Dumbbells will be provided in the following increments: 3lb, 5lb, 8lb, 10lb, 12lb, and 15lb.
All Levels Welcome

Body Toning
Day/Time: Wednesdays 3-4PM
Instructor: Lisa
Registration Fee: $35
Who can register: Students, Faculty, Staff, Friends of Villanova
Class Dates: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 22 participants
Class Description: This class is designed to give participants a total body workout using dumbbells and your own body weight. This calorie-burning class will get you toned from head to toe while enhancing your overall fitness level! Go at your own pace and choose your own intensity. Dumbbells will be provided in the following increments: 3lb, 5lb, 8lb, 10lb, 12lb, 15lb
All Levels Welcome

Body Toning
Day/Time: Thursdays 1:10PM - 1:55PM
Instructor: Tara
Registration Fee: $35
Who can register: Faculty, Staff, Friends of Villanova
Class Dates: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 22 participants
Class Description: This class is designed to give participants a total body workout using dumbbells and your own body weight. This calorie-burning class will get you toned from head to toe while enhancing your overall fitness level! Go at your own pace and choose your own intensity. Dumbbells will be provided in the following increments: 3lb, 5lb, 8lb, 10lb, 12lb, 15lb
All Levels Welcome
Body Toning
**Day/Time:** Thursdays 3-4PM  
**Instructor:** Lisa  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 22 participants  
**Class Description:** This class is designed to give participants a total body workout using dumbbells your own body weight. This calorie-burning class will get you toned from head to toe while enhancing your overall fitness level! Go at your own pace and choose your own intensity. Dumbbells will be provided in the following increments: 3lb, 5lb, 8lb, 10lb, 12lb, 15lb  
**All Levels Welcome**

Zumba

**Day/Time:** Mondays 5:30-6:30 PM  
**Instructor:** Michael  
**Registration Fee:** $35  
**Who can register:** Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/10, 9/17, 9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 23 participants  
**Class Description:** Zumba Fitness®: The Zumba® workout provides calorie-burning fitness routines through upbeat Latin and urban dance moves. The routines use intervals of fast and slow rhythms to burn fat while toning and sculpting the body.  
**All Levels Welcome**

Zumba

**Day/Time:** Tuesdays 4-5 PM  
**Instructor:** Celina  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 23 participants  
**Class Description:** Zumba Fitness®: The Zumba® workout provides calorie-burning fitness routines through upbeat Latin and urban dance moves. The routines use intervals of fast and slow rhythms to burn fat while toning and sculpting the body.  
**All Levels Welcome**

Zumba

**Day/Time:** Wednesdays 5:30-6:30 PM  
**Instructor:** Jessica S.  
**FREE:** No registration required. Pop in whenever you want!  
**Open to students, faculty and staff.**  
**Class Dates:** 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5  
**Location:** Alumni Gymnasium, Basement of Alumni Hall  
**Class Description:** Zumba Fitness®: The Zumba® workout provides calorie-burning fitness routines through upbeat Latin and urban dance moves. The routines use intervals of fast and slow rhythms to burn fat while toning and sculpting the body.  
**All Levels Welcome.**
High - Intensity Interval Training

**Boot Camp**
**Day/Time:** Tuesdays 2:45-3:45PM  
**Instructor:** Lisa  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 22 participants  
**Class Description:** Sign up for this high-intensity, total-body workout that will test your mind and body. Enhance your endurance, strength, agility, balance, speed, and power through this high-variety interval training program.  
**Best suited for advanced participants. Intermediate participants welcome.**  
**Notes:** Please wear sneakers and bring water to each class.

**Insanity**
**Day/Time:** Thursdays 5:15PM - 6:15PM  
**Instructor:** Michelle  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 22 participants  
**Class Description:** INSANITY is high intensity interval training. You will work to your maximum capacity for 3 to 5 minutes with just enough recovery time for a drink! Insanity is one of the hardest workouts on DVD and now it is available to you on campus! Join certified INSANITY instructor Michelle Moss for a 60 minute insane workout that promises to deliver insane results!  
**Best suited for advanced participants - High Impact and intensity. Intermediate participants welcome.**  
**Notes:** Please bring water and a towel!

**Pilates**
**Mat Pilates**
**Day/Time:** Wednesday 1:15-2:00 PM  
**Instructor:** Alicia  
**Registration Fee:** $35  
**Who can register:** Students, Faculty, Staff, Friends of Villanova  
**Class Dates:** 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/31, 11/7, 11/14, 11/28, 12/5, 12/12  
You do not have to be available to attend all class sessions in order to register  
**Location:** Davis Center, 3rd floor, Group Exercise Room  
**Limit:** 30 participants  
**Class Description:** A mat based class designed to increase flexibility, core strength, and toning. We will be developing an awareness of breath and spine alignment to strengthen the deep torso muscles and increase fluidity and control of the body.  
**All Levels Welcome**  
**Notes:** Mats will be available for your use.
Core/Abdominal Classes

HardCore Abs
Day/Time: Wednesdays 4:30-5:00 PM
Instructor: Lisa
Registration Fee: $20
Who can register: Students, Faculty, Staff, Friends of Villanova
Class Dates: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5
You do not have to be available to attend all class sessions in order to register
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 30 participants
Class Description: This fast-paced class will focus on strengthening your abs, obliques and low back musculature in order to:
- improve balance and posture,
- enhance athletic performance,
- reduce the risk of low back injuries and
- get you well on your way to washboard abs!
All Levels Welcome
Notes: Mats will be available for your use.

HardCore Abs
Day/Time: Thursdays 4:30-5:00 PM
Instructor: Lisa
Registration Fee: $20
Who can register: Students, Faculty, Staff, Friends of Villanova
Class Dates: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6
You do not have to be available to attend all class sessions in order to register
Location: Davis Center, 3rd floor, Group Exercise Room
Limit: 30 participants
Class Description: This fast-paced class will focus on strengthening your abs, obliques and low back musculature in order to:
- improve balance and posture,
- enhance athletic performance,
- reduce the risk of low back injuries and
- get you well on your way to washboard abs!
All Levels Welcome
Notes: Mats will be available for your use.