# Washington College Fitness Class Schedule

## 2016 Spring Semester

### Location: Johnson Fitness Center Studio

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30:00 AM-7:00 AM</td>
<td>Insanity</td>
<td>Insanity</td>
<td>Insanity</td>
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<tr>
<td>7:00 AM-7:50 AM</td>
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<td></td>
<td></td>
<td>Zumba</td>
<td>Zumba</td>
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<tr>
<td>12:15 PM-12:45 PM</td>
<td>Insanity</td>
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<td>Insanity</td>
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<tr>
<td>5:20 PM-6:00 PM</td>
<td>Zumba</td>
<td>PiYo Live</td>
<td>Insanity</td>
<td>PiYo Live</td>
<td>Zumba</td>
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### Location: Cain Studio

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>7:30 AM-8:30 AM</td>
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<td></td>
<td></td>
<td>YOGA- Wake Up and</td>
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<tr>
<td>8:00 AM-9:15 AM</td>
<td>Yoga Primary Series slowed down (All Levels)</td>
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<tr>
<td>12:00 PM-12:45 PM</td>
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<tr>
<td>4:00 PM-4:55 PM</td>
<td>Yoga for Athletes</td>
<td>Yoga- Easy Flow</td>
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<tr>
<td>5:00 PM-6:30 PM</td>
<td>Yoga- Primary Series (Advanced beginner to Advanced)</td>
<td>Yoga- Primary Series (Intermediate to Advanced)</td>
<td>Yoga- Beginners</td>
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</tbody>
</table>

**Instructor Information**

- **Aundra Weissert**: Insanity/PiYo/Zumba Instructor  
  aweissert2@washcoll.edu
- **Lex Fry**: YOGA/PILATES Instructor  
  missinglink@southforkstudio.com
- **Joe Case**: Spinning Instructor  
  Jcase2@washcoll.edu
- **Natalie Lane**: Zumba Instructor  
  natalieclane@gmail.com
*All classes are subject to change or cancelled based on instructor availability, class size, holidays, and school closures

**Washington College Recreational Fitness Class Policy**

*Classes are free to Faculty/Staff/Students/1782 Members each semester

*ALL CLASSES ARE FIRST COME FIRST SERVE BASED ON EQUIPMENT AND SPACE

*Non Faculty/Staff/ and Students have to pay a varying fee based on the duration of the class and instructor

*Faculty/Staff/Students guests or guests of spouses, dependents, not affiliated with the college… have to pay the instructor fee

*All classes will be cancelled when the facility is closed

**Descriptions of Washington College Fitness Classes**

**Zumba® Program:** fuses hypnotic Latin rhythms and easy---to---follow moves to create a one---of---a---kind fitness program that will blow you away. The routines feature interval---training sessions where fast and slow rhythms and resistance training are combine!

**PiYo Live™:** is a mat-based class (bare feet recommended) that helps with flexibility, balance, strength, and core power, while giving you an awesome low-impact, high-intensity cardio workout.

**INSANITY:** will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and core training moves. The power of this efficient workout is MAX Interval training, where you perform long bursts (2 minute drills) of maximum---intensity exercises with short periods of rest.

**Yoga Primary slowed down:** Flow through parts of the first series of Ashtanga Yoga with lots of explanation and breakdown of individual postures.

**Yoga Primary series:** A detoxing and realigning practice building strength and flexibility throughout the body, and increasing endurance. Focuses strongly on spinal alignment.

**Yoga Easy flow:** A flowing mix of postures from multiple series at an easy pace building strength and resilience gradually throughout the body.

**Yoga Second series:** A stronger, more demanding detox, that focuses even more on the nervous system function as you detox and build more endurance and strength.

**Yoga Wake up and intro to meditation:** A mix of flowing postures to wake up and loosen up the entire body, before a seated guided introduction to short meditation practice techniques.

**Beginner Yoga (Ashtanga):** Introduces the study of yoga, step by step, adding new material each class. Breathing, focus, alignment, postures. Flowing thru connected postures. This strong athletic practice results in improved circulation, a light and strong body, and a calm mind. No experience necessary. Discover your optimal alignment as you establish strength in your abdominal and low back areas. Strengthn your center by maintaining the support and integrity of the spine.

**Yoga for Athletes:** Learning complimentary stretching techniques that rebalance the musculature gradually, reduce overuse injury and repetitive motion pain, and enhance recovery from extended training and muscle use. Use it or lose it to retain or regain bigger range of motion.