Campus Recreation Group Fitness  
Summer 2020  
June 15th – August 14th

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td></td>
<td>Group Strength</td>
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<td>JC – Fitness Rooms</td>
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<td>JC – Fitness Rooms</td>
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<td>12:00 PM</td>
<td>Indoor Cycling</td>
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<td>AR – Spin Room</td>
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<td>3:00 PM</td>
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<td>Employee Yoga</td>
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<td>JH – Winton</td>
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Instructors
Angie Rios – AR  
Julia Culton – JC  
Julianne Edwards – JE  
JH – Jen Harbour

Class Descriptions

**Group Strength**
This barbell and bench workout strengthens your entire body using exercises like presses, curls, and squats. Your choice of weight allows you to customize your workout to reach your fitness goals!

**Indoor Cycling**
This is a great workout to build your power and endurance. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome and bring a water bottle and towel. You will need them!

**Yoga**
This class will flow you through various poses that are synchronized with your breathing. This leads to improved flexibility, body awareness, and a calm mind.

Things to Remember

- Please wash hands and/or sanitize before and after class. A hand sanitizing station is located at the front desk as you scan in.
- You are REQUIRED to sign up for classes. This helps us ensure we do not go over our cap sizes.  
  ➢ You may show up and see if there is available spots, but those who register get first priority.
- Bring your own mat AND sweat towels to class. Most accessories for classes have been removed because there are no safe sanitizing practices.
- Bring your own water bottle to class. Water bottle filling stations are available.
- Maintain social distance in your class. Class members will be the only people allowed in rooms to help with social distancing.

How to Register for Group Fitness Classes
Register for Group Fitness Classes online!

1. Visit our website at www.nic.edu/campusrec and click the “Register Here” button at the top right of the page OR visit campusrec.nic.edu
   - Both links will lead you to our Campus Recreation Registration Website.
2. Once on the Campus Recreation Registration website, click “Log In” in the top right corner of the page.
3. Click the maroon button that reads “Cardinal Account Information”.
4. Sign in with your Cardinal credentials (same as work email / student email)
5. Scroll down and click on the “Group Fitness” button.
6. Choose the class you would like to sign up for, such as indoor cycling.
   - Make sure to sign up for the correct date of the class you want to take.
7. Under Program Instances, click “Register” for the class date and time you would like to take.
8. Click “Check Out”.
9. Congrats, you registered for class! See you then.

Visit the SWRC Front Desk

2. We recommend arriving to the SWRC 5-10 minutes before class if you plan to register at the Front Desk.
3. Scan your Cardinal Card at the Front Desk.
4. Let the Front Desk Attendant know which Group Fitness Class you would like to take.
5. Receive a Group Fitness Class Pass from the Front Desk Attendant and give this to your instructor.