



## 2023 FALL GROUP FITNESS SCHEDULE INTERIM

OCT 8-OCT 14

NEW CLASSES STARTING NEXT WEEK, OCT. 16th

MON	TUES	WED	THURS	FRI
NO CLASSES KIERNAN CENTER CLOSED		8:15-9:00 am STRENGTH & CONDITIONING KAT (Studio 205)		
				10:00-10:45 am Core & More KAT (Front Gym)
				11:00-11:45 am Vinyasa Yoga KAT (Front Gym)
	5:00-6:00 pm YOGA PEYTON (Studio 205)	5:15-6:00 pm CARDIO KICK-BOXING KAT (Studio 205)	5:00-6:00 pm YOGA PEYTON (Studio 205)	
	6:00-6:45 pm SPIN MEG (Spin Studio)			
			7:00-7:45 pm SPIN KAT (Spin Studio)	
		7:00-8:00 pm PILATES LESLIE (Studio 205)		

KIERNAN RECREATION CENTER

“YOUR CENTER FOR CAMPUS RECREATION”

716-286-8627



# 2023 FALL GROUP FITNESS SCHEDULE SESSION 2

OCT 16-DEC 15

No class Nov. 22-Nov 24

SUN	MON	TUES	WED	THURS	FRI
	8:15am-9:00 am HIIT JAMIE (Studio 205)	8:15-9:00 am HIIT ALYSSA (Studio 205)	8:15-9:00 am STRENGTH & CONDITIONING KAT (Studio 205)	8:15-9:00 am HIIT ALYSSA (Studio 205)	8:15am-9:00 am HIIT JAMIE (Studio 205)
	9:15-10:00 am SPIN KAT (Spin Studio)	9:15-10:00 am VINYASA YOGA KAT (FRONT GYM)	9:15-10:00 am SPIN JAMIE (SPIN STUDIO)		9:15-10:00 am SPIN JAMIE (SPIN STUDIO)
					10:00-10:45 am CORE & MORE KAT (FRONT GYM)
*12:00-2:00 pm Turkey Burn Ride (Spin Studio) 11/19	11:00-11:45 am VINYASA YOGA KAT (Front Gym)		11:00-11:45 am BOOT CAMP KAT (Front Gym)		11:00-11:45 am VINYASA YOGA KAT (Front Gym)
*12:00-2:00 pm Destress Day Yoga (Studio 205) 12/10	5:15-6:00n pm CARDIO STEP KAT (Studio 205)	5:00-6:00 pm YOGA PEYTON (Studio 205)	5:15-6:00 pm CARDIO KICK-BOXING KAT (Studio 205)	5:00-6:00 pm YOGA PEYTON (Studio 205)	
		6:00-6:45 pm SPIN MEG (Spin Studio)		6:00-6:45 pm SPIN JAMIE (Spin Studio)	*2:00-4:00 pm SPIN Movie Ride 10/27 & 12/8 (Spin Studio)
		7:00-7:45 pm SPIN GRACE (Spin Studio)		7:00-7:45 pm SPIN KAT (Spin Studio)	
	7:00-8:00 pm DANCE LESLIE	7:00-8:00 pm YOGA MEG	7:00-8:00 pm PILATES LESLIE	7:00-7:45 pm HIIT JAMIE	

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\*Special Event. Registration Required. Contact [kmanuse@niagara.edu](mailto:kmanuse@niagara.edu)

# CLASS DESCRIPTIONS

## **BOOT CAMP**

A class mixing traditional calisthenics & bodyweight exercises with interval & strength training.

## **Cardio Kick-boxing**

A high energy class combining martial art techniques with fast-paced cardio moves.

## **Cardio Step**

A fun and intense workout using basic moves and a bench that will increase your stamina and burn calories.

## **Core & More**

This class will focus improving balance and posture while strengthening muscles of the abdomen and back.

## **Dance**

Dance is a cardio based class introducing easy to follow, fun, high-energy choreography that will keep participants moving.

## **HIIT**

HIIT (High Intensity Interval Training) is comprised of repeated bouts of short, high-intensity intervals with periods of active recovery.

## **Pilates**

Pilates is a low-intensity, muscle-strengthening workout that focuses heavily on building strong core muscles, promoting flexibility, mobility, and posture.

## **Spinning**

An indoor cycling class that offers high energy workouts, enhancing cardio endurance and muscular strength

## **Strength & Conditioning**

This class is designed to increase physical strength through weight-bearing and resistance exercises.

## **Vinyasa Yoga**

A style of yoga where poses are strung together, moving from one to the next using your breath

## **Yoga**

A spiritual and ascetic discipline includes breath simple meditation, and the adoption of specific bodily postures.

