

SHOCKER FIT

July 7-31, 2014

Summer Schedule B

MONDAY

Yoga

12-12:45 p.m.
Shocker Fitness 143

Cycle Fit

12-12:45 p.m.
Cycle Studio 018

Total Body Tone

5:30-6:15 p.m.
Shocker Fitness 141

TUESDAY

Total Body Tone

12-12:45 p.m.
Shocker Fitness 141

Pilates

5:15-6 p.m.
Shocker Fitness 143

Cycle Fit

5:30-6:15 p.m.
Cycle Studio 018

Aqua Fit

5:30-6:15 p.m.
Natatorium

WEDNESDAY

Yoga

12-12:45 p.m.
Shocker Fitness 143

Cycle Fit

12-12:45 p.m.
Cycle Studio 018

Total Body Tone

5:30-6:15 p.m.
Shocker Fitness 141

Zumba®

5:30-6:15 p.m.
Shocker Fitness 143

THURSDAY

Total Body Tone

12-12:45 p.m.
Shocker Fitness 141

Pilates

5:15-6 p.m.
Shocker Fitness 143

Cycle Fit

5:30-6:15 p.m.
Cycle Studio 018

Aqua Fit

5:30-6:15 p.m.
Natatorium

FRIDAY

Cardio & Tone

12-12:45 p.m.
Shocker Fit 141

wichita.edu/shockerfitpass

Shocker Fit

Student Pass

Summer \$30
20 Classes \$25
10 Classes \$20

Member Pass

Summer \$40
20 Classes \$35
10 Classes \$30

Non-Member Pass

Summer \$60
20 Classes \$50
10 Classes \$40

Aqua Fit A low impact water workout that combines calorie burning cardio drills and body sculpting toning exercises in the pool. No swimming skills necessary.

Cardio & Tone Alternate between cardio and strength training drills, each class bringing a new variety working to improve your cardiovascular endurance, muscular endurance & muscular strength at the same time. You will enjoy a variety of exercises using various equipment & drills to enjoy your workout!

Cycle Fit Let the music push you through fun, multi-terrain rides. Create muscle tone and strength in your legs while improving your heart and lung function.

Pilates Focus on developing your core strength, flexibility and agility skills through this class's fun and energizing routines that optimize your body awareness.

Total Body Toner Target your muscles from head-to-toe with this non-aerobic strength training session. Enjoy using a variety of equipment and drills to reach your fitness goals.

Yoga Help release stress & tension by going through various sequences of postures and poses that lengthen, refresh & energize your muscles.

Zumba® A high-energy class that gives a mix of Latin dance and body sculpting aerobic intervals.

All passes valid June 2-August 1, 2014. Passes expire within the semester of purchase.
Passes are non-refundable and non-transferable.



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