Campus Recreation Group X Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00PM (B101)		Kickbox & Drills 30 w/Donnáe		LowerBody Challenge w/ Angela	
5:30PM (B101)	Step & Core w/ Angela	Power LIFT w/ Donnáe	Power Step w/ Angela	Boot Camp Circuit w/ Deja	
5:30PM (Pool)		Aqua Zumba w/ Sylvette		Aqua Zumba w/ Sylvette	
6:00PM (B101)					
6:30PM (B101)	Yoga w/ Donnáe/Deja		Yoga w/ Deja	Groove w/ Donnáe/Lorissa	
7:00PM (B101)		Zumba w/ Lorissa			
7:30PM (B101)	Cardio Tease w/ Tianna				

New Group Exercise Schedule begins October 5th

NCCU student affairs

Fitness Center
Mon-Thurs-6:00am-11:00pm
Fri- 6am-9:00pm
Sat - 10:0am-3:00pm
Sun- 1:00pm-5:00pm

Gym
Mon-Thurs-3:00pm-11:00pm
Fri- 3:00pm-9:00pm
Sat- 10:00am-3:00pm
Sun- 1:00pm-5:00pm

Pool
Mon-Fri- 5:00pm-8:00pm

Outdoor Recreational Complex
Mon-Sun – 7am-1pm

If you are in need of special accommodations due to a disability or medical condition please contact Donnae Ward Laughinghouse at 919-530-5136 or dward34@nccu.edu two days prior

Class Descriptions/Type/Length

Step & Core

Type: Cardio/Core

Step up your workout! This class utilizes the step for heart pumping cardio and incorporates core sculpting exercises.

45 minutes

Zumba

Type: Cardio

Ditch the workout and join the party! A fusion of Latin and international music create an exciting, fun and effective dance workout.

60 minutes

Power LIFT

Type**:** Strength/Core

This resistance class focuses on the principles of strength training to strengthen and shape the body. It incorporates bosu's, free weights and functional training equipment.

45 minutes

Power Step

Type: Cardio

Are you ready to power up your cardio? This class takes your basic step class to another level through cardio intervals and power moves on the step.

45 minutes

Lower Body Challenge

Type: Cardio/Strength/Core

Get ready to squat, lunge and plank your way through this challenging cardio and strength class.

45 minutes

Groove

Type: Cardio/Strength

Think music video, street styled, choreographed dance. This class incorporates cardio and bodyweight strength exercises while using popular upbeat hip hop, pop and reggae music.

60 minutes

Aqua Zumba

Type: Strength

This class blends the Zumba basics along with water resistance exercises to tone and sculpt. This is one pool party you don't want to miss!

60 minutes

Boot Camp Circuit

Type: Cardio/Strength

This class provides a full body workout through different timed circuit exercises and challenging cardio exercises.

60 minutes

Cardio Tease

Type: Cardio

Calling on anyone with a sensual side…Let yourself go and be you with this exotic dance workout!

60 Minutes

Yoga

Type: Strength/Flexibility

The goal of this class is to strike a balance between the mind and body through movement, posture and relaxation.

60 minutes

Kickbox and Drills 30

Type: Cardio/ Strength

This high energy cardio kickboxing class combines punches, kicks, muscle conditioning, and intervals of challenging drills.

30 minutes

3 participants required for class

All participants must sign waiver. Bring a towel and water

Classes are subject to change based on instructor availability and attendance