

<b>Monday</b>		
Morning Meditation (Audio)	7:00 a.m.- 8:00 a.m.	Room 109
FitWalk (M/W/F)	11:30 a.m. - 12:00 p.m.	Outside TFH
Zumba (Video)	12:00 p.m. - 1:00 p.m.	Room 109
Kickboxing	6:30 p.m. - 7:30 p.m.	Room 001
Yoga (Flow) & Meditation	7:30 p.m. - 8:30 p.m.	Room 109
<b>Tuesday</b>		
Morning Meditation (Audio)	7:00 a.m.- 8:00 a.m.	Room 109
Equipment Orientation	8:00 p.m. - 9:00 p.m.	Room 201
Zumba	5:30 p.m. - 6:30 p.m.	Room 001
Kickboxing	6:30 p.m. - 7:30 p.m.	Room 001
Yoga (Video)	8:30 p.m. - 9:30 p.m.	Room 109
<b>Wednesday</b>		
Morning Meditation (Audio)	7:00 a.m.- 8:00 a.m.	Room 109
FitWalk (M/W/F)	11:30 a.m. - 12:00 p.m.	Outside TFH
Zumba (Video)	12:00 p.m. - 1:00 p.m.	Room 109
Yoga (Flow) & Meditation	7:30 p.m. - 8:30 p.m.	Room 109
<b>Tuesday</b>		
Morning Meditation (Audio)	7:00 a.m.- 8:00 a.m.	Room 109
Footie Soccer (Drop-In)	4:00 p.m.- 6:00 p.m.	Alum. Field
Open Sand Volleyball	6:00 p.m.- 7:30 p.m.	VB Court
Yoga (Video)	8:30 p.m. - 9:30 p.m.	Room 109
<b>Friday</b>		
Claremont Loop	6:00 a.m.- 7:30 a.m.	The Loop
Morning Meditation (Audio)	7:00 a.m.- 8:00 a.m.	Room 109
FitWalk (M/W/F)	11:30 a.m. - 12:00 p.m.	Outside TFH

**NOTE: This schedule may be modified as additional instructors are hired.**

Tiernan Field House - Fitness and Wellness Center

# Faculty/Staff Group Fitness Classes

September 10 — December 12, 2018



## **Faculty/Staff Group Fitness Classes and Programs**

The Tiernan Field House provides a variety of group fitness classes, fitness center orientation sessions, and fitness services. Drop-in fitness classes are available (and free) to Scripps, CMC and HMC College faculty and staff. Check in at the Guest Services Counter upon arrival.

\*\*\*\*\*

### **Bikes (Day and Academic Year Loans) (Low Impact)**

**Like to work out in the great outdoors?** The field house owns 100 bikes as a part of our Green Bike program. Day bikes can be checked out at the field house for 24 hour rental. Academic Year bikes will be raffled to students. Watch for our emails!!

### **Claremont Loop (Walk or Run—Low to High Impact)**

Meet in the parking lot at 6am to hike the Claremont Loop. This is a 5-mile hike, bring water and appropriate clothing. Hike on your own. Parking fee required. (Note: Once daylight savings hits and it is too dark to hike at 6am, the hike will commence on Saturdays at 7am)

### **Equipment Orientation (Low-High Impact)**

Want to learn how to use the cardio or strength equipment? We'll give you some pointers on proper use of the equipment.

### **Fitness Training Video (High Impact)**

Check out our fitness videos including PX90, Insanity, Zumba, Jillian Michaels, Billy Banks, Sheva Rae, Rodney Lee, and many more. Anytime on your own.

### **FitWalk & FitRun (Low and High Impact)**

Walkers: These are the individuals who seek not merely health benefits but also physical fitness. They dress like athletes, walk tall, eyes forward. They take quick steps. They push off on their toes. They probably don't compete, but walking to them is a way of life, a discipline to be pursued with some vigor--and enjoyment.

### **Footie Soccer (Faculty/Staff and Student) (High Impact)**

Just for fun! Play with your peers and faculty/staff in a friendly game.

### **HITTFit (High Impact)**

High intensity training program typically performed with all-out effort with good form to improve your cardio-respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

### **Indoor Cycling (Low Impact)**

Indoor cycling workouts can be a great way to get in vigorous workout. This is a low-impact cardiovascular workout that takes place on STAR-TRAC Schwinn Blade stationary bike. Participants work at their individual fitness levels through heart rate monitoring within the parameters of specifically designed class formats.

### **Kickboxing (High Impact)**

A combination of intense kickboxing moves as well as dance moves all choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength, endurance training, and a relaxing cool-down.

### **Meditation (Low Impact)**

Meditation challenges the mind, body, and spirit . Practice standing postures and moving meditation. Suitable for individuals with a beginning or continuing practice.

### **Sand Volleyball (Low to Medium Impact)**

Drop in play, come by yourself or a friend and get a game going or just hit the ball around! All are welcome.

### **Yoga, Yoga and Meditation (Low Impact)**

Flow (also called Vinyasa): classes are focused on continuous movement matched with the breath. Built on the structure of the Sun Salutation, the flow class builds heat in the body and opening occurs due to repetition of postures with in a flowing sequence. Meditation: Class will challenge the mind, body, and spirit as we practice standing postures and moving meditation. Suitable for individuals with a beginning or continuing practice.

### **Zumba™ (Low Impact)**

Fuse fitness, entertainment and culture into an exhilarating dance-fitness sensation! Classes are fitness-parties that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout with a combination of fast and slow rhythms. Dance steps derived from cumbia, merengue, salsa, hip hop, mambo, rumba, flamenco, chachacha, reggaeton, soca, samba, belly dancing, bhangra, hip hop music, axé music and tango.

### **NOTE:**

**TFH is currently looking for Pilates, HIIT and Indoor Cycling Instructors. If you know of anyone who is interested and currently certified please have them stop by and complete an application. As TFH hires additional instructors, this schedule is likely to change.**