

Monday		
Morning Meditation (Audio)	7:00am - 8:00am	Rm 109
FitWalk (M/W/F)	11:30am - 12:00pm	Outside TFH
Zumba (Video)	12:00pm - 1:00pm	Rm 109
Indoor Cycling	5:30pm - 6:30pm	Rm 108
Kickboxing	7:00pm - 8:00pm	Rm 001
Vinyasa Yoga	7:30pm - 8:30pm	Rm 109
Tuesday		
Morning Meditation (Audio)	7:00am - 8:00am	Rm 109
Indoor Cycling	8:00am - 9:00am	Rm 108
Equipment Orientation	6:00pm - 7:00pm	Rm 201
Zumba	6:15pm - 7:15pm	Rm 001
Kickboxing	7:15pm - 8:15pm	Rm 001
Open Field (Drop-In)	9:00pm - 10:00pm	Alum. Field
Wednesday		
Morning Meditation (Audio)	7:00am - 8:00am	Rm 109
FitWalk (M/W/F)	11:30am - 12:00pm	Outside TFH
Zumba (Video)	12:00pm - 1:00pm	Rm 109
TRX	5:30pm - 6:30pm	2F Balcony
HIIT	5:30pm - 6:30pm	Rm 001
Indoor Cycling	6:30pm - 7:30pm	Rm 108
Vinyasa Yoga	7:30pm - 8:30pm	Rm 109
Thursday		
Morning Meditation (Audio)	7:00am - 8:00am	Rm 109
Indoor Cycling	8:00am - 9:00am	Rm 108
Open Field (Drop-In)	9:00pm - 10:00pm	Alum. Field
Friday		
Morning Meditation (Audio)	7:00am - 8:00am	Rm 109
FitWalk (M/W/F)	11:30am - 12:00pm	Outside TFH
Saturday		
Claremont Loop Hike	7:00am - 9:00am	The Loop

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

Tiernan Field House - Fitness and Wellness Center

FitScripps Group Fitness Classes

January 22, 2018—May 2, 2018



FitScripps Group Fitness Classes and Programs

The Tiernan Field House provides a variety of non-credit fitness classes, group fitness classes, fitness center orientation sessions, wellness workshops, and fitness services. Drop-in fitness classes are available (and free) ONLY to Scripps College students. 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.

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.

HITFit (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.

Master's Swim Class—Beginners (Low Impact)

For those just starting out or a little rusty, come join in the fun!

Master's Swim Class—Intermediate to Advanced (Low Impact)

Know a few strokes, want to improve your technique, learn the next stroke, learn to flip-turn or work on your cardiovascular endurance, this is the class for you.

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.

PX90™ and 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.

TRX (Low Impact)

This suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

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.