



Kelchner Fitness Center

Updated Fall 2009 Group Fitness Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes		6:15 to 7:00 Morning Group Cycle		6:15 to 7:00 Morning Group Cycle	
Lunchtime Classes	Turbo Kick © 12:05 to 12:45	Butts and Guts 12:05 to 12:45	12:05 to 12:45 Indoor Group Cycle	Butts and Guts 12:05 to 12:45	12:05 to 12:45 Group Cycle Fusion ½ Cycle and ½ mat or strength work!
Afternoon/Evening Classes	Yoga 4:30- 5:45p.m.			Yoga 4:30-5:45p.m.	Kenpo Karate 4:00 to 5:00
Evening Classes			Kickboxing 5-6p.m.	Core and More 7:00 to 8:00	
Evening Classes					

**See class descriptions on the other side!!*

Classes are **free for all students, staff, faculty, staff and faculty spouses and community members that belong to Kelchner Fitness Center. Community Members that are not KFC members can attend classes for a \$5.00 per class fee.*

**No need to sign up for classes-Just show up ready to work out! A water bottle and towel are highly recommended. Appropriate workout wear and athletic shoes are required.*

**If you have questions or comments call or email Amy at alett@mansfield.edu or 4865*

**Lunchtime Classes typically start 5 to 10 minutes after noon and go to 12:45 in order to give everyone time to go to and from classes and work!*

**These classes are for fall semester only and are subject to change due to participation. Stay informed by reading Daily Digest and checking our webpage at <http://mansfield.edu/kfc/>*



Class Descriptions

Yoga: A Kripalu style yoga class that includes strengthening, stretching, relaxation, and more! Come early this class fills up quickly!

Cardio Funk: Join Kelly for an upbeat fun class that gets your heart rate in the zone! Kelly incorporates high-lo aerobics, hip hop dance and group fitness moves to get your body moving in this lunchtime class.

Indoor Group Cycling: Cardio class held on a stationary cycle in the group fitness room. This high energy cardio class will burn mega calories in a short time! All levels are welcome! Please remember to bring a water bottle and a small towel! Heart Rate Monitor recommended.

Group Cycle Fusion: A mix of Cycling and strength work. Warm up and get your cardio in with a cycle class and then move off the bike for some strengthening exercises!

Kickboxing: This cardio class gives you a great workout while doing martial arts type combos. Punch, jab and kick your way to fitness.

Turbo Kick: High Energy Hard Core-kickboxing class. You've seen Turbo Jam in the infomercials right? Turbo Jam is the TV version of TURBO KICK! Get in here and get your Turbo Kick on!

Core and More: This class will incorporate balls, mats, bands, weights and more to give you a full body workout. Each week a different part of the body will be the focus. Get ready to sweat!

Tai Chi: An ancient Chinese system interested in harnessing the energy (Chi) of the body. This workout is suitable for ALL levels and is a great stress reliever and energy builder.

Butts and Guts: Butts and Guts is BACK!!! This class combines a short warm up with a group personal training style class and a cool down and stretching period to give you an entire workout in only 40 minutes. Expect lots of squats, crunches and lunges in this bootylicious class!

Kenpo Karate: Learn karate from a black belt and get an awesome workout in at the same time!

