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<td>5:30 PM (Brodie 149) Power Yoga</td>
<td>5:30 PM (Brodie 149) Pilates Burn</td>
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Schedule runs from 5/16-6/30/19. Information/questions, e-mail Lisa Jindra at lj@duke.edu.
Group Cycling Policies:

• A wristband is required for entry to all cycle classes. Wristbands will be available at the front desk 30 minutes prior to each class; one wristband per participant. Cycle and Xtrain classes are 45 minutes long, and are a mixed ride of hills, flats and sprints.
• Please respect other users’ workout and do not use your cell phone or any other electronic device during class.
• If attending your first cycle class please have the instructor help you with the bike set-up.
• A towel and full water bottle are highly recommended!
• Schwinn exercise bikes are for use during supervised fitness classes only.

Group Fitness Class Descriptions:

Cardio/Cycle/Dance/Toning:

C45- 45 minutes of a varied ride (intervals), instructor’s choice.

HIIT: High Intensity Interval Training. Intervals of work and active recovery using body weight and resistance equipment (45 mins.)

MP: Muscle Pump: A strength/endurance workout that uses weights, bands, tubing, step, and stability ball for a total body workout

Rhythm HIIT- HIIT to the beat! Workout with high intensity intervals synced to the music.

TR- Theme Ride. Check our social media for the theme of the day (45 minutes).

Xtrain- Cross training using our functional training space and Schwinn indoor cycles (45 minutes).

Zumba: A Latin-inspired dance workout centered around high energy music with multiple tempo changes.

Mind/Body:

Barre Blast: Barre class with short cardio intervals. 20 person max, wristband required (+ indicates wristband class)

Hatha Yoga: A great way to start learning yoga poses. Incorporates slow-paced stretching, balance and breathing exercises.

Pilates Barre: Pilates mat exercises combined with barre work for lower body. 20 person max, wristband required (+ indicates wristband class).

Pilates Burn- Pilates for core, barre-style exercises for thighs and seat. Combines high repetitions with full-range movements for an intense, fast-paced endurance workout.

Power Yoga: Emphasizes movement and stretching while synchronizing breathing to transition from one pose to the next. In power yoga the emphasis is more on strength.

Yoga/Pilates: Hatha yoga that incorporates Pilates exercises for core strength.