SPRING 2020 VIRTUAL CLASSES
SCHEDULE STARTS: APRIL 6TH

MONDAY

8:00AM HIIT w/ Corie
5:00PM Vinyasa Yoga w/ Lita

TUESDAY

12:00PM Strength & Power w/ Andy
5:00PM Core w/ Corie

WEDNESDAY

12:15PM Healthy U Yoga w/ Lita

THURSDAY

8:00AM HIIT w/ Corie
5:00PM Core w/ Lita

FRIDAY

12:00PM Muscular Endurance w/ Phil

CLASS DURATION:

30 MINUTES
45 MINUTES

Can't make it to a live class? LesMills has extended their virtual library to us for FREE! Try a virtual class for your workout TODAY!

https://watch.lesmillsondemand.com/at-home-workouts

KU
Kirmayer Fitness Center
The University of Kansas Medical Center

3901 Rainbow Blvd. Kansas City, KS 66160 913.588.1532 KIRMAYER@KUMC.EDU
## SPRING 2020 VIRTUAL CLASSES

**SCHEDULE STARTS: APRIL 6TH**

### VIRTUAL FITNESS CLASS DESCRIPTIONS:

<table>
<thead>
<tr>
<th>Mind/Body</th>
<th>Strength &amp; Power</th>
<th>Cardio &amp; Core</th>
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<tbody>
<tr>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Strength &amp; Power</strong></td>
<td><strong>HIIT</strong></td>
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<tr>
<td>A dynamic yoga class focusing on mobility, flexibility, strength and relaxation. Options will be offered for all yoga experience levels.</td>
<td>A class for increasing muscular strength and power in both the upper and lower body. These classes focus on proper lifting technique to improve your body’s overall strength. Options will be offered for all fitness levels.</td>
<td>High Intensity Interval Training has the primary focus of short, intense bouts of exercise. HIIT combines several modes of training to confuse the muscles and help you break through your exercise plateaus. A class for all fitness levels.</td>
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<tr>
<td><strong>Healthy U Yoga</strong></td>
<td><strong>Muscular Endurance</strong></td>
<td><strong>Core</strong></td>
</tr>
<tr>
<td>This inclusive yoga practice is focused on stretching and breathing in each yoga pose. This 45-minute workout will help reduce your stress and calm your mind. ALL fitness levels welcome!</td>
<td>Classes programmed for muscular endurance are similar to muscular strength; however, repetitions occur at a higher range to challenge the muscles to sustain repeated contractions for an extended period of time. Options will be offered for all fitness levels.</td>
<td>This class is all about creating a strong core for control and balance. Options will be offered for all fitness levels.</td>
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