



# Kirmayer Fitness Center

## Group Exercise Schedule

Fall Session1 Sept 2- Oct 24, 2008

Monday			
Time	Class	Instructor	Loc/Sec
12:10-12:50	Weight Training	Angela	AS/001
5:00-5:55	Fluid Motion	Jan	P/001
5:30- 6:30	Pilates	Emily	Aux/001
Tuesday			
Time	Class	Instructor	Loc
12:10-12:50	Cardio Core	Angela	AS/002
12:00-12:45	F M Boot Camp	Jeff	CA/001
5:00-5:50	Zumba	Casa	AS/001
6:00- 6:45	Cardio Kick Boxing	Sarah	AS/001
6:00- 7:00	Yoga Challenge	Angela D	Aux/001
Wednesday			
Time	Class	Instructor	Loc
12:10-12:50	Weight Training	Angela	AS/002
5:00-5:55	Power Splash	Jan	P/001
5:00- 5:45	BOSU Sports Conditioning	Jeff	Aux/001
6:00- 7:00	Hip Hop	Lillia	AS/001
Thursday			
Time	Class	Instructor	Loc
12:00-12:45	FM Boot Camp	Jeff	CA/002
12:10-12:55	Fitness Sampler	Angela	AS/001
5:00- 5:45	Iron Interval	Jan	Aux/001
6:00- 6:45	Cardio Kick Boxing	Sarah	AS/002
Friday			
Time	Class	Instructor	Loc
12:00-12:50	Flexibility Fridays	Jeff	Aux/001
5:00-5:45	Core and More	Jan	Aux/001

### Group Exercise Classes

#### **Early Bird Prices** Aug 18-Aug 29

**Kirmayer Members:**

- 1 x/week - \$15
- 2 x/week - \$28
- 3 x/week - \$41

**Non-members:**

- 1 x/week - \$30
- 2 x/week - \$56
- 3 x/week - \$82

#### **Regular Prices** Aug 30

**Kirmayer Members:**

- 1 x/week - \$17
- 2 x/week - \$32
- 3 x/week - \$47

**Non-members:**

- 1 x/week - \$34
- 2 x/week - \$64
- 3 x/week - \$94

### Zumba

**Eight sessions**  
**EBR**

- \$56.00 members
- \$72.00 no members

#### **Regular Prices**

- \$64.00 members
- \$80.00 non-members

Circle your class selection on the schedule

Name \_\_\_\_\_ Department \_\_\_\_\_

Membership Status: Primary Member  Sponsored Member  Non-Member

Daytime phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Number of classes/week \_\_\_\_\_

#### Office Use Only:

Method of payment: Visa / MC / Cash / Class Credit Receipt # \_\_\_\_\_ Total fee: \_\_\_\_\_

Staff: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## **Group Exercise Class Descriptions**

### **Endurance Weight Training and Iron Intervals**

Tone your upper and lower body with a heart pumping, muscle burning non-stop workout. (45 min)

### **Fluid Motion and Power Splash (Water exercise class)**

Get off the floor and into the pool! Improve strength and endurance while relieving joint stress! (55 min)

### **Free Motion Boot Camp**

This circuit class that will leave you breathless and in great physical shape. (45 min)

### **Kick Boxing**

An intense total body cardio blast with step intervals, kickboxing and toning (50 min)

### **BOSU Sports Conditioning**

Conduct exercises using the BOSU Balance to improve abilities for different sports. (45 min)

### **Fitness Lunch Sampler**

A combination of Sports Conditioning, Outdoor walking and Country line dancing. This class will utilize the nice days for the outdoor walks (45 min)

### **Cardio Core**

Enhance your core stability and strength while getting a cardio workout in as well. This class will offer 20 minutes of cardio training utilizing the Bosu ball followed by 20 minutes of Pilates and other core training. (45 min)

## **Mind Body and Dance Class Descriptions**

### **Pilates (Mat version) and Core and More**

Core conditioning incorporating Yoga and Pilates based moves and techniques.  
Learn exercises to increase muscle strength and balance. Develop core control and flexibility. (45 min)

### **Yoga Challenge**

Learn and perform yoga asana for intermediate fitness levels or yoga participants. (1 hr)

### **Flexibility Fridays**

A blend of Tia Chi, Yoga and Sports Stretching that will help relieve stress and improve flexibility. (45 min)

### **Hip Hop**

Exercise and dance with attitude in this funky and sexy workout experience. (1 hr)

### **Zumba**

Latin Music and dance moves in a fun power packed this funky and sexy workout experience. (50 min)

*Class Location Aux= Auxiliary room, AS = Aerobic Studio, P=Pool, CA= Circuit Area*

### **Class Policies**

**Cancellations:** KFC reserves the right to cancel a class due to low enrollment. Participants registered in a class that has been cancelled, can elect to transfer to another class on the schedule, utilize the credit for the upcoming session or receive a full refund. Inclement weather cancellations will be sent out via e-mail. You may also contact the courtesy desk at 913-588-1532 for last minute verification of cancellations.

**Making up a class:** We have a very lenient make up policy. Register for classes that you are most likely to attend. If you are unable to attend as scheduled, you are free to take any other group exercise class on the schedule in the same price category. Class make ups must be within the same session.

**Refunds:** Refunds are only given to those who are unable to attend or complete 50% or more of the scheduled session due to medical issues or relocation outside of the greater Kansas City area. Classes are not prorated if you decide to start once the session has begun.

Please contact **Jeff Sygman Program Coordinator / Fitness Specialist** at 913-588-7702 should you have further questions about fitness programs available at Kirmayer Fitness Center

University of Kansas Medical Center



**Kirmayer Fitness Center**

**New Classes**

**Fall Session 1**

## **BOSU Sport Conditioning**

Blast your way through a variety of power pack exercises that will help build muscular strength and endurance, enhance agility and challenge your skills for sports

*Wed: 5:00 – 5:45 pm*

## **Cardio Core**

Enhance your core stability and strength while getting a cardio workout in as well. This class will offer 20 minutes of cardio training utilizing the Bosu ball followed by 20 minutes of Pilates and other core training.

**Tuesday 12:10-12:55**

## **Hip Hop**

Hip hop is back! Let Lillia energize you with her fun and funky dance moves. Bring your attitude to this dance exercise class.

**Wednesday evenings 6-7pm**

## **Zumba**

Dance your way to fitness. Experience music and dance moves from all over Latin America and the Caribbean. You'll never know you were exercising.

**Tuesday evenings 5-5:50**

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