

FALL '18 FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 7:30am				Power Flow Yoga	Body Combat
12:10–1:00pm	Body Pump	Hope Yoga	P90X/INSANITY Combo (ends at 12:45p)		Power Flow Yoga
12:10 – 12:50pm	Aqua Bootcamp (ends at 12:40)		Water Aerobics		Water Aerobics
4:15 – 5:15pm		Zumba	Sports Yoga	Zumba	
5:30 – 6:30pm	Hope Yoga	Body Pump		Body Pump	
5:45 – 6:45pm			Body Combat		
7:45 – 8:45pm				Sports Yoga	

All classes are FREE to Students

LETU employees and guests may purchase a class punch card at the Solheim Center's front desk

1 class \$3
 10 classes \$30
 20 classes \$50
 30 classes \$70

LETU FIT



Fall 2018 Fitness Class Descriptions:

BODY COMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness all while having fun. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu

BODY PUMP is the original barbell workout that will sculpt, tone, and strengthen your entire body, *fast!* Body Pump is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl.

Zumba fuses Latin rhythms and easy to follow dance moves to create a dynamic cardiovascular workout system that will blow you away. The motivating Latin and International music is inspired by cumbia, salsa and merengue.

Power Flow Yoga is a more intense form of yoga for tone, strength, and balance. All fitness levels welcome!

Sports Yoga is to help build endurance, strength, balance, and lower the risk of injury for athletes or anyone who needs strength and flexibility training.

Aqua Bootcamp uses basic boot camp drills and takes them to the water. Low impact, high intensity. You will have fun while touching tons of calories!

Hope Yoga is a safe place to come to calm and connect yourself with the Lord. This class will focus on worship through the movement and training of one's body. 100% Jesus 100% yoga!

Water Aerobics This is not your Grandma's workout! Come get wet and get fit! This water workout includes a high intensity aerobic segment followed by strength, toning, and stretching in the water.

P90X/INSANTY Combo is the famous in-home programs P90X and INSANITY that come to life in this BeachBody LIVE mashup. Incorporating HIIT and strength training to give you max results in a shorter amount of time!