

TIGERX

SPRINGSCHEDULE

JANUARY 21 - MAY 8, 2014

\$53 SPRING SEMESTER MEMBERSHIP **\$9** ONE-CLASS PASS

*Prices do not include applicable sales tax

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:15-7:15A	SUNRISE YOGA	C
6:30-7:30A	SUNRISE CYCLE	TL
8-9A	TRIPLE THREAT	A
8-8:50A	MEDITATIVE YOGA	C
8:45-9:30A	REFORMER PILATES	B
10:15-10:45A	ABS & GLUTES XPRESS	A
11-11:50A	CIRCUIT	A
11-11:50A	RELAX & RESTORE	C
12-12:50P	MAT PILATES	C
12-12:50P	ADV. CYCLING	TL
1-1:50P	POWER YOGA	C
3-3:50P	INSANITY®	A
4-4:50P	PUMP	A
4-4:50P	MAT PILATES	C
4-4:50P	INT. CYCLING	TL
5-5:50P	POWER	A
5-5:50P	ADV. REFORMER	B
5-5:50P	VINYASA YOGA ALL LEVELS	C
5-5:50P	ADV. CYCLING	TL
6-6:50P	ZUMBA®	A
6-6:30P	H.I.I.T.	C
6-6:50P	INT. CYCLING	TL
7-7:50P	TURBO KICK®	A
7-7:50P	PILATES PLUS	C
7-7:50P	ADV. CYCLING	TL
8-8:50P	ABS & GLUTES	A
8-8:50P	POWER & PEACE YOGA	C

6:15-7:15A	SUNRISE YOGA	C
6:30-7:20A	INSANITY®	A
8:45-9:30A	ADV. REFORMER	B
9-9:50A	INT. CYCLING	TL
11-11:50A	PUMP	A
11-11:50A	MEDITATIVE YOGA	C
11-11:50A	INT. CYCLING	TL
12-1P	TRIPLE THREAT	A
12-12:50P	REFORMER PILATES	B
2-2:30P	H.I.I.T.	A
2-2:50P	MAT PILATES	C
3-3:30P	ABS & GLUTES XPRESS	A
3-3:50P	BALLET BOOTCAMP	C
4-4:50P	KNOCKOUT	A
4:30-5:20P	REFORMER PILATES	B
4:30-5:20P	VINYASA YOGA LEVEL 1	C
4:30-5:20P	ADV. CYCLING	TL
5:30-6:20P	ZUMBA®	A
5:30-6:20P	ADV. REFORMER	B
5:30-6:20P	VINYASA YOGA LEVEL 2	C
5:30-6:20P	INT. CYCLING	TL
6:30-7:20P	TURBO KICK®	A
6:30-7:20P	ADV. MAT PILATES	C
6:30-7:20P	ADV. CYCLING	TL
7:30-8:20P	INSANITY®	A
7:30-8:20P	TIGER TEASE	C
8:30-9P	PUMP XPRESS	A

6:15-7:15A	SUNRISE YOGA	C
6:30-7:30A	SUNRISE CYCLE	TL
8-9A	TRIPLE THREAT	A
8-8:50A	MEDITATIVE YOGA	C
8:45-9:30A	REFORMER PILATES	B
10:15-10:45A	ABS & ARMS	A
11-11:50A	CIRCUIT	A
11-11:50A	RELAX & RESTORE	C
12-12:50P	MAT PILATES	C
12-12:50P	ADV. CYCLING	TL
1-1:50P	POWER YOGA	C
3-3:50P	INSANITY®	A
4-4:50P	PUMP	A
4-4:50P	MAT PILATES	C
4-4:50P	INT. CYCLING	TL
5-5:50P	POWER	A
5-5:50P	ADV. REFORMER	B
5-5:50P	VINYASA YOGA ALL LEVELS	C
5-5:50P	ADV. CYCLING	TL
6-6:50P	ZUMBA®	A
6-6:30P	H.I.I.T.	C
6-7:30P	ENDURANCE CYCLING	TL
7-7:50P	TURBO KICK®	A
7-7:50P	PILATES PLUS	C
8-8:50P	ABS & GLUTES	A
8-8:50P	POWER & PEACE YOGA	C

6:15-7:15A	SUNRISE YOGA	C
6:30-7:20A	INSANITY®	A
8:45-9:30A	ADV. REFORMER	B
9-9:50A	INT. CYCLING	TL
11-11:50A	PUMP	A
11-11:50A	MEDITATIVE YOGA	C
11-11:50A	INT. CYCLING	TL
12-1P	TRIPLE THREAT	A
12-12:50P	REFORMER PILATES	B
2-2:30P	H.I.I.T.	A
2-2:50P	MAT PILATES	C
3-3:30P	ABS & ARMS	A
3-3:50P	BALLET BOOTCAMP	C
4-4:50P	KNOCKOUT	A
4:30-5:20P	REFORMER PILATES	B
4:30-5:20P	VINYASA YOGA LEVEL 1	C
4:30-5:20P	ADV. CYCLING	TL
5:30-6:20P	ZUMBA®	A
5:30-6:20P	ADV. REFORMER	B
5:30-6:20P	VINYASA YOGA LEVEL 2	C
5:30-6:20P	INT. CYCLING	TL
6:30-7:20P	TURBO KICK®	A
6:30-7:20P	ADV. MAT PILATES	C
6:30-7:20P	ADV. CYCLING	TL
7:30-8:20P	INSANITY®	A
7:30-8:20P	DANCE FITNESS	C
8:30-9P	PUMP XPRESS	A

6:30-7:30A	SUNRISE CYCLE	TL
8-9A	TRIPLE THREAT	A
8-8:50A	MEDITATIVE YOGA	C
10:15-10:45A	PUMP XPRESS	A
11-11:50A	CIRCUIT	A
11-11:50A	FRIDAY FLOW	C
12-12:50P	TURBO KICK®	A
12-12:50P	MAT PILATES	C
12-12:50P	ADV. CYCLING	TL
1-1:50P	POWER YOGA	C
2-2:50P	PILATES PLUS	C
4-4:50P	INSANITY®	A
4-4:50P	INT. CYCLING	TL
5-5:50P	ZUMBA®	A
5-5:50P	ADV. REFORMER	B
5-5:50P	VINYASA YOGA ALL LEVELS	C
5-5:50P	ADV. CYCLING	TL

SATURDAY

10:15-11:15A	PUMP (XTENDED)	A
10:30-11:20A	MAT PILATES	C
10:30-12P	ENDURANCE CYCLING	TL
11:30-12:20P	ZUMBA®	A
11:30-12:20P	REFORMER PILATES	B
12:30-1:20P	INSANITY®	A

SUNDAY

12:30-1:20P	MAT PILATES	C
3-3:50P	PUMP	A
3-3:30P	BEGINNER CYCLING	TL
4-4:50P	TURBO KICK®	A
4-4:50P	ADV. CYCLING	TL
7-7:50P	INSANITY®	A
7-8:15P	POWER YOGA	C
7-7:50P	INT. CYCLING	TL

STUDIO KEY: [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [TG] :: TIGER GROTTO

IMPORTANT DATES

FREE WEEK // January 21 - 26
 SEMESTER SCHEDULE // January 21 - May 8
 Spring Break // March 21 - March 30 (no classes)
 Finals Week // May 9 - 16 (limited schedule)
 Instructor Training Courses (LeisureU) // February 9 - April 13 Additional fee. Sign up in zoulIFE.

FOR CLASS DESCRIPTIONS AND OTHER INFORMATION, PLEASE VISIT



ALL CYCLING AND REFORMER CLASSES REQUIRE A RESERVATION.
CLASSES FILL QUICKLY -- CALL EARLY!

CALL 884.6555

ALL CLASSES SUBJECT TO CHANGE/CANCELLATION



CLASS DESCRIPTIONS

CARDIO

Circuit

Is it a weight training or cardio day? Circuit will give you heart thumping cardio interspersed with weight training. Challenging core work is always included.

H.I.I.T.

High Intensity Interval Training (H.I.I.T.) produces remarkable results in both aerobic and anaerobic capacities. Push yourself during your work period, and come back with a recovery period.

INSANITY®

INSANITY® is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. This class will push you with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. You don't have to be in extreme shape—levels of each exercise are provided.

Knockout

This advanced cross-training workout offers aerobic kickboxing segments interspersed with short bursts of training drills. Hand wraps are required to punch bags.

Power

Experience our high-impact, advanced cardio-based drills and resistance training to break a worthwhile sweat.

Triple Threat

Get the best of three worlds with Triple Threat! Combines 20 min. each of cardio, sculpting, and core work to give you the ultimate total body workout.

Turbo Kick®

Turbo Kick® is the ultimate cardiovascular challenge that's inspired by dance, tae kwon do, boxing, tai chi, and funk. Blends intense intervals, strength/endurance training, and a relaxing cool-down. No experience or equipment required.

CYCLING

Reservations are required for all cycling classes. Call 884-6555 or stop by zouLIFE to save your spot.

Advanced Cycling

Designed for those who are comfortable with indoor cycling and are looking for more of an elite challenge with drills that are longer, harder and faster. Previous experience is essential.

Beginning Cycling

Learn the basics of indoor cycling while completing drills and practicing different riding positions.

Endurance Cycling

A 90-minute ride that will travel through various roads and a variety of drills. Designed for those looking to train longer and harder. Previous experience is helpful.

Intermediate Cycling

Kick your routine up a notch with this intense interval class. Previous experience is preferred.

Sunrise Cycle

A mixture of intermediate and advanced cycling drills will give you the calorie burn you want first thing in morning.

DANCE

Aqua Zumba®

Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio conditioning, body toning, and exhilarating.

Ballet Boot Camp

Incorporates the principles of ballet into strength training exercises to work all major muscle groups.

Dance Fitness

Use a variety of dance moves to rev up your metabolism for a heart-pounding, sweaty workout. No previous dance experience necessary.

Tiger Tease

The hottest way to shed pounds, but not your clothes! Slow, sexy, stylized moves are designed to target your hips, glutes, thighs, and abs.

Zumba®

Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy beats.

PILATES

Reservations are required for reformer Pilates classes. Call 884-6555 or stop by zouLIFE to save your spot.

Advanced Mat Pilates

This class incorporates all Pilates principles and adds in more advanced variations of Pilates exercises. Activate, isolate and stabilize deep core muscles while improving posture, flexibility, balance and overall strength.

Advanced Reformer Pilates A more challenging Pilates reformer workout with the goal of centered strength and development of coordination, flexibility, balance, and mental focus. *Limited to 6 participants.*

Mat Pilates

This mat-based class will maximize abdominal strength while toning and increasing flexibility in the rest of the body.

Pilates Plus

Challenge all your muscles with this combination of traditional Pilates moves and sculpting exercises using core boards, bands and medicine balls.

Reformer Pilates

The Pilates reformer builds strength without "bulking up," increases flexibility and agility, and develops optimal core control, creating flat abdominals, slender thighs and a strong back. *Limited to 6 participants.*

SCULPT

Abs & Arms

Work your abs and your upper body muscles in this 30 minute sculpting class. Focus on your abs, arms, shoulders, chest, and back for a great upper body sculpting session.

Abs & Glutes

Work your abs and glutes in this gut-busting, lower body sculpting class. Strengthen and tone all muscles of your abs, low back, glutes and legs.

Abs & Glutes Xpress

This class is designed to give you the workout you love in a time frame that fits your schedule. 30 minutes to burn it and earn it.

Pump

Add lean muscle and strengthen all major muscle groups by using weights, bands, bars, balls and bodyweight resistance.

SCULPT (CONTINUED)

Pump Xpress

A condensed 30-minute version of Pump.

Pump Xtended

A more targeted 60-minute version of Pump.

YOGA

Friday Flow

Concentrate on your yoga practice and focus as you connect your breath and movements.

Meditative Yoga

A focused, challenging yoga practice that features meditation and breath work as preparation for more difficult balancing and inverted poses. Adjustments and modifications will be provided for all levels of participants.

Power Yoga

Synchronize movement with breathing by linking traditional yoga postures into a flowing, dynamic practice. Previous yoga experience is recommended.

Power & Peace Yoga

Combine the high-energy flow of vinyasa with the relaxation of deep restorative postures. Find your power, and then find your peace.

Relax & Restore

This 50-minute class will focus on stretching away tension and soreness, as well as increasing flexibility and range of motion.

Sunrise Yoga

Flowing, classic yoga poses, breath work, and an active meditation will leave you ready to start your day.

Vinyasa Yoga - Level 1

Poses flow from one into the next in this yoga class designed to bring breath and movement into union. Level one courses are designed for those newer to the practice of yoga.

Vinyasa Yoga - Level 2

This class is designed for those who are familiar with yoga, and have an ongoing practice. Poses will be a little harder, and the flow may be quicker in this level.