



LOMA LINDA UNIVERSITY  
Drayson Center

# GROUP-X SCHEDULE **Spring 2022**

## MONDAY

**7:30-8:30 am**

Interval Training

**New!** **9:00-10:00 am**

Gentle Yoga

**5:30-6:30 pm**

Cycle

**5:30-6:30 pm**

Step Plus Abs

**5:15-6:00 pm**

C3 Circuit Training

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Yoga

## TUESDAY

**9:00-9:45 am**

Balance & Stability

**10:30-11:30 am**

Chair Aerobics

**New!** **4:15-5:00 pm**  
C3 Circuit Training

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30 pm**

B.A.A.T.s

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Zumba®

## WEDNESDAY

**7:30-8:30 am**

Interval Training

**10:00-11:00 am**

Water Aerobics

**New!** **4:15-5:00 pm**  
C3 Circuit Training

**5:30-6:30 pm**

Cycle

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30 pm**

Pilates

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Yoga

## THURSDAY

**9:00-9:45 am**

Balance & Stability

**New!** **10:30-11:30 am**

Chair Aerobics

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30pm**

Barre

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Interval Training

## FRIDAY

**6:15-7:15 am**

Cycle

**7:30-8:30 am**

Interval Training

**10:00-11:00 am**

Water Aerobics

**Class dates and times are subject to change**

# CLASS DESCRIPTIONS

**B.A.A.T.s** A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

**Balance and Stability** Designed to help you become stronger and improve balance. It can be adapted depending on the skill of individual participants.

**Barre** A low-impact, high-intensity class designed to tone muscles and improve strength, agility and flexibility.

**Cycle** These stationary bike classes are the perfect way to start your everyday routine. Ideal for participants at all levels of fitness and experience.

**Chair Aerobics** Light weights and TheraBands® are used for resistance training to increase strength. Some balance movements are done while standing with options for seated participants.

**C3 Circuit Training** This class offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to different levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. \*Reservation Required\* please visit [mydrayson.llu.edu](http://mydrayson.llu.edu) to book your spot.

**Interval Training** Combines aerobic floor work with free weight training. Makes a great workout for all of the muscles.

**Gentle Yoga** Carefully orchestrated movements, controlled pressure, and well-measured stretches, including range-of-motion exercises.

**Pilates** Become stronger and more flexible without bulking up. Pilates concentrates on using fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

**Step Plus Abs** Moderate-intensity step aerobics designed to sculpt, tone, and reshape the total body.

**Total Body Conditioning** Low-impact movements, emphasizing aerobic fitness, flexibility, strength, balance and posture.

**Yoga** Suitable for all levels of participants; focuses on a slower set of poses and deep, long, stretches for increased flexibility.

**Water Aerobics** A low impact, moderate intensity workout in our heated pool that gives you a unique way to exercise while having fun.

**Zumba®** Fundamentals of Salsa rhythm and footwork with fast and slow rhythms, incorporating resistance training. Burn calories and fat with an exciting Latin twist!