



LOMA LINDA UNIVERSITY

Drayson Center

# GROUP-X SCHEDULE

Winter  
2022

## MONDAY

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

Cycle

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

Interval Training

**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

**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

**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

**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** – Offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to higher levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. \*Reservation Required.\* Please visit [mydrayson.illu.edu](http://mydrayson.illu.edu) to book your spot.

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

**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 ability. 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. Burns calories and fat with an exciting Latin twist!