Brock Rocks Programs
January Term 2013

	Time	Class	Instructor	Location
Monday	11:10-1:00pm	Men's Weight Training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
	2-3pm	Pilates	Tammy Roe	Aerobics Room
	3-4pm	Racquetball	Bill Blackmore	Racquetball Courts
	4-5pm	Yoga	Janell Edwards	Aerobics Room
	5-6pm	Aikido	Tim Sheldon	Squash Court
Tuesday	11:10-1:00pm	Men's Weight Training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
	2-3pm	Pilates	Ellen Massie	Aerobics Room
	3-4pm	Racquetball	Bill Blackmore	Racquetball Courts
	4-5pm	Yoga	Ryan McPhee	Aerobics Room
	5-6pm	Aikido	Tim Sheldon	Squash court
Wednesday	11:10-1:00pm	Men's Weight Training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
	2-3pm	Pilates	Tammy Roe	Aerobics Room
	3-4pm	Racquetball	Bill Blackmore	Racquetball Courts
	4-5pm	Yoga	Janell Edwards	Aerobics Room

	5-6pm	Aikido	Tim Sheldon	Squash court
Thursday	11:10-1:00pm	Men's Weight Training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
	2-3pm	Pilates	Ellen Massie	Aerobics Room
	3-4pm	Racquetball	Bill Blackmore	Racquetball Courts
	4-5pm	Yoga	Ryan McPhee	Aerobics Room
	5-6pm	Aikido	Tim Sheldon	Squash court
Friday	11:10-1:00pm	Men's Weight Training	Bill Blackmore	Fitness Center
	5-6pm	Aikido	Tim Sheldon	Squash court

Class Descriptions

Indoor Cycling- This 1 hour class is a high energy, low impact cardiovascular and lower body workout using specially designed stationary bikes. Ideal for all fitness levels. Bring water bottle.

Intermediate Aikido-Students will gain an understanding of the intermediate level of Aikido and continue discussion of how Aikido can be used in our daily communication to resolve conflict in a non-combative way. The class will study the specific Aikido techniques leading to promotion the intermediate ranks of fourth, third and second kyu.

Men's weight training- This hour and a half class will include power lifting and body building training. Students will learn proper weight training techniques and design programs for every fitness level. This class requires student registration in registrar's office.

***Pilates*-** Pilates are a series of exercises developed by Joseph Pilates designed to strengthen and stretch the body. You will be guided through a series of specific floor exercises that will improve your balance, coordination and circulation. Pilates is designed to improve your core strength (lower back and abdominals), balance the muscles around the joints, and enhance your functional fitness (ease of movement). No impact. No cardio. All fitness levels.

***Racquetball*-** Students will learn the fundamentals of the forehand, backhand, and serve. They will learn the rules of singles, doubles, and cut-throat. There will be a singles and doubles tournament.

***Step Aerobics*-** Taught at an intermediate level, this class utilizes the step for variety in your cardiovascular conditioning program. A 10-minute warm-up followed by 40 minutes of fun cardio choreography on the step and 10 minutes of abdominal exercise will effectively increase your cardio endurance and provide lower body conditioning.

Strength &Conditioning- This is a 50-minute mid-day workout for all fitness levels. The class will include the use of cardio equipment, jump ropes, medicine balls, free weights and stretching in a structured environment. Build strength and cardio endurance with this R-MC favorite.

Yoga – A popular form of Hatha Yoga, which incorporates all the benefits of the mind-body-soul connection while improving flexibility, balance and core strength. You will be guided through the Sun Salutation to warm-up and prepare your body to flow through a series of asanas (postures). This class is suitable for all fitness levels.