Brock Rocks Programs
Spring Semester 2013

	Time	Class	Instructor	Location
Monday				
	9-10am	Taekwondo	Josh Kim	Aerobics room
	12-1pm	Indoor Cycling and Abs	Abbie Rossman	Track
	2:10-3:40pm	Men's Weight training	Bill Blackmore	Fitness Center
	3:30-4:30pm	Ballet	Brenda Rath	Aerobics room
	4:30-5:30pm	Jazz Dance	Benda Rath	Aerobics room
	5-6pm	Indoor Cycling	????	Track
	5-6pm	Intermediate Aikido	Tim Sheldon	Squash court
	5:30-6:30pm	Zumba	Caroline Beazley	Aerobics room
NEW	6:30-7:30pm	Hip Hop Dance	Caroline Beazley	Aerobics room
Tuesday				
	8-9am	Yoga	Janell Edwards	Aerobics room
	10-11:30am	Women's Weight training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
NEW	1-2pm	Advanced Running	Abbie Rossman	Outdoors/Track
	2-3pm	Pilates	Tammy Roe	Aerobics room
	2:30-3:30pm	Racquetball	Bill Blackmore	Racquetball courts
NEW	3-4pm	Yoga Fusion	Janell Edwards	Aerobics room
NEW	4-5pm	Caribbean Cardio	Ryan McPhee	Aerobics room

		and Abs		
	5-6pm	Beginning Aikido	Tim Sheldon	Squash Court
	5:30-6:30pm	Step Aerobics	Antoinette Davis	Aerobics room
	7-8pm	Yoga	Janell Edwards	Aerobics room
	9-10pm	Taekwondo		Aerobics room

Wednesday

	9-10am	Taekwondo	Josh Kim	Aerobics room
	12-1pm	Indoor Cycling and Abs	Abbie Rossman	Track
	2:10-3:40pm	Men's Weight training	Bill Blackmore	Fitness Center
	3:30-4:30pm	Ballet	Brenda Rath	Aerobics room
	4:30-5:30pm	Jazz Dance	Benda Rath	Aerobics room
	5-6pm	Indoor Cycling	????	Track
	5-6pm	Intermediate Aikido	Tim Sheldon	Squash court
	5:30-6:30pm	Zumba	Caroline Beazley	Aerobics room
NEW	6:30-7:30pm	Hip Hop Dance	Caroline Beazley	Aerobics room

Thursday

	8-9am	Yoga	Ryan McPhee	Aerobics room
	10-11:30am	Women's Weight training	Bill Blackmore	Fitness Center
	12-1pm	Indoor Cycling	Abbie Rossman	Track
NEW	1-2pm	Advanced running	Abbie Rossman	Outdoors/track

	2-3pm	Pilates	Ellen Massie	Aerobics room
	2:30-3:30pm	Racquetball	Bill Blackmore	Racquetball courts
NEW	3-4pm	Yoga Fusion	Janell Edwards	Aerobics room
NEW	4-5pm	Caribbean Cardio and Abs	Ryan McPhee	Aerobics room
	5-6pm	Beginning Aikido	Tim Sheldon	Squash Court
	5:30-6:30pm	Step Aerobics	Antoinette Davis	Aerobics room
	7-8pm	Yoga	Ryan McPhee	Aerobics room
	9-10pm	Taekwondo	Josh Kim	Aerobics room
Friday				
	5-6pm	Intermediate Aikido	Tim Sheldon	Squash Court

Class descriptions

Ballet- Learn ballet techniques! A fun introduction to dance and ballet. This class emphasizes strength, alignment, and joint flexibility to create a long and lean body. All levels of experience can be accommodated.
Class attire- comfortable, non-restrictive clothing, ballet slippers preferred but if you do not own pair come with socks or bare feet. Slippers will be available to purchase at first class for $13.

Beginning Aikido- is a Martial Art that emphasizes a way of harmonizing with the energy of the Universe. It moves in harmony with the movement of an opponent rather than in conflict with it. Ideally, the structure of conflict is changed to a structure of harmony, and the conflict can be resolved without anyone getting injured.

Caribbean Dance Cardio and Abs- the class will consist of a five minute warm up followed by 45minutes Caribbean dance w/ local Caribbean music then transition to the floor on mats for a ten minute Ab workout

Distance Running-Training in this course includes longer, sustained running on campus and throughout Ashland, and an emphasis on core exercises to improve balance and strength. Training will begin with shorter runs for less time, gradually increasing in distance so you will be prepared to run up to 10K or more at the end of the semester. Class will include warm up, cool down and stretching. intermediate to advanced runners.

Indoor Cycling/Abs- A medium to high intensity nonimpact cardio and lower body workout set to music on a stationary bike paired with an abdominal strengthening portion of class on a mat. Please note that there is a 300 lb. weight limit for the bikes used in this class.

Indoor Cycling-A medium to high intensity cardio workout set to music on a stationary bike paired with strength training which is done off of the bike. Please note that there is a 300 lb. weight limit for the bikes used in this class.

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.

Jazz Dance- Jazz dance consist of unique moves, fancy footwork, big leaps and quick turns. It has become one of the most popular dance styles in recent years due to television and music videos. This class is intended to showcase an individual's style and originality while learning fun and energetic choreography.

Men's weight training- This 1- hour 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 is 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.

Women's weight training- This 1-hour class is designed specifically for women. The class includes weight training for the entire body, stretching and abdominal work. Targets training in specific areas such legs, gluts, abdominal and arms.

Yoga –This class 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.

Yoga Fusion - a combination of yoga, pilates, and tai chi designed to offer the mental benefits of yoga while incorporating the physical benefit of a cardiovascular workout. Each class begins with the martial arts of tai chi, which warm and center the body. Then moving through challenging yet simple yoga and pilates moves to improve joint flexibility, range of movement, and increase core strength. the class ends with relaxation to calm mind and body. All fitness levels.

Zumba- is a fusion of Latin dance moves and Latin inspired rhythms. It's an aerobic workout designed to increase cardiovascular strength and endurance while learning fun and simple Latin inspired dance moves. All fitness levels.