## MIT Lincoln Laboratory Fitness Center
### Group Fitness Schedule

**Effective November 7, 2016**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>FITNESS CENTER INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM – 7:30 AM</td>
<td>6:30 AM – 7:30 AM</td>
<td>6:30 AM – 7:15 AM</td>
<td>6:15 AM – 7:00 AM</td>
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</tr>
</tbody>
</table>
| **SIZZLE & CHISEL**
  STEVE | **RIPPED**
  TIFFANY | **360° OF STEEL**
  DELINDA | **SPINNING**
  BARB |
| 11:45 AM – 12:45 PM | 11:45 AM – 12:45 PM | 11:45 AM – 12:30 PM | 11:45 AM – 12:45 PM |
| **STRICTLY STRENGTH**
  CAROLYN | **RIPPED**
  KALI | **STRICTLY STRENGTH**
  TIFFANY | **RIPPED**
  TIFFANY |
| 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM | 5:30 PM – 6:15 PM |
| **ZUMBA**
  DELINDA | **BOX & BURN**
  STEVE | **STEP CIRCUIT**
  KIM | **RYDE**
  MARK |

**Reminders:**
- Please arrive to class on time.
- Prior to the start of the class, inform the instructor of any injuries or conditions that may require modifications.
- Please wear clean, dry sneakers.
- Exercise at your own pace and drink plenty of water before, during, and after class.
- Group fitness classes are for fitness center members only.

**Hours**
- Monday – Thursday: 6:00 AM – 8:00 PM
- Friday: 6:00 AM - 7:00 PM
- Saturday: 8:00 AM – 1:00 PM

Follow us on Facebook

MIT LL Fitness Center

We are online at www.ll.mit.edu/Fitness/

Refer to Facebook and the “Changes to the Group Fitness Schedule” notifications posted on the studio door for format and instructor changes.
Class Descriptions

★ 360° of Steel: Using light weight, body weight, and resistance tubing, this class improves the stability, strength, and flexibility of the core, hips, and torso. Strengthening these muscles allows for more fluid and efficient movement, a decreased risk of injury, and improved posture.

★ Box & Burn: Punch, kick, and lift to get fit in this energizing workout that combines moves from boxing and kickboxing and finishes with total-body strength training.

★ Jillian Michaels BODYSHRED: This is a fast-paced, high intensity & endurance based workout that utilizes Jillian’s 3-2-1 interval approach: 3 minutes of strength - 2 minutes of cardio - 1 minute of abs.

★ RIPPED: The One Stop Body Shock™ is a “Plateau Proof Fitness Formula” that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. This total body, high intensity style program, utilizing free weights, resistance and body weight is for every body.

★ RYDE: Ride to the rhythm of fun music in this high-intensity indoor cycling class. Take on the terrain with your inspiring RYDE coach who leads the cycling pack through hills, flats, mountain peaks, time trials, and interval training. Enjoy the RYDE!

★ Sizzle and Chisel: This is a fun and invigorating all-in-one class that combines cardiorespiratory exercise, total-body strength training, core work, and stretching.

★ Spinning: Geared for the novice and athlete alike, Spinning is a group stationary cycling class using a specialized bike. You decide how tough or easy class is by adjusting the intensity of your resistance knob.

★ Step Circuit: This is a great total body cardio and strength workout that alternates intervals of step training and muscle conditioning.

★ Strictly Strength: Using challenging levels of resistance (heavy weights, resistance bands, body weight) with big bang-for-your-buck exercises, this workout focuses on maximizing muscular strength and endurance.

★ Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.