



University of Nebraska-Lincoln
Office of Campus Recreation

1993 Fall
Fitness Classes



Session I Sept. 8 - Oct. 19
Session II Oct. 27 - Dec. 10 (excluding 11/24-26)

Fees for the following class listings (Low Impact, Progressive, The Works, Posture Works, Ab Attack, Water Aerobics, Water Circuit) are:

Per 6 week session	(M)	(NM)
2 days/week	\$13.50	\$20.25
3 days/week	\$18.75	\$28.00
4 days/week	\$23.25	\$34.75
5 days/week	\$27.00	\$40.50
6 days/week	\$30.00	\$45.00

Low Impact Aerobics
A land aerobic workout designed to lessen the stress on the joints through low-impact instruction.
MWF 12:10- 12:50p Ct. 7, Sapp (min: 15) Staff/Faculty Priority or 35 years and over
TR 8:00- 9:00a Fitness/Aerobics (min: 15)

Progressive Aerobics
A land aerobic workout designed to begin at a low level of intensity and progress according to the individual's own pace using both low and high impact options.
MWF 8:30- 9:20a Fitness/Aerobics (min: 15)
MWF 12:10- 12:50p ECAB Rm 31 (min: 10; max: 25)
MWF 5:30- 6:30p ECAB Rm 31 (min: 10; max: 25) Staff/Faculty Priority
TR 5:15- 6:15p Fitness/Aerobics (min: 15)
TRSu 8:30- 9:30p Schramm Hall (min: 10; max: 25)

"The Works" - Over-all Muscle Conditioning
A workout designed to compliment an aerobic workout. Repetitions of exercises using hand held weights and dyma hands will focus on muscle groups that may not receive regular fitness concentration. (formerly Firmer Body)
MWF 2:45-3:45p Fitness/Aerobics (min: 15)
MWF 4:30-5:15p ECAB Rm 31 (min: 10, max: 25)
TR 12:10-12:50p Combative Arts (min: 15) Staff/Faculty Priority

"Ab Attack" - Abdominal Conditioning
A workout designed to strengthen the abdominals and improve lower back strength as well.
TR 1:00-1:30p Fitness/Aerobics (min: 15)
TR 7:20-7:50p Fitness/Aerobics (min: 15)

Water Aerobics
A workout designed for shallow water activities. Need not be a swimmer to participate. Exercises in the water will strengthen major muscle groups in combination with an aerobic workout.
MWF 8:00-9:00a CRec Pool (min: 10; max: 25)
TR 2:00-3:00p MLH Pool (min: 10; max: 25)

Water Circuit
A water workout to include stations with a variety of activities. Participant will move from one station to another to receive a total body workout. Individuals are encouraged to work at their own pace.
TR 12:05- 12:45p MLH Pool (min: 10; max: 25)

"Posture Works"
A stretching/strengthening workout to help improve the muscles that enhance your posture.
MWF 9:25- 9:55a Fitness/Aerobics (min: 15)

Fees for the following listings (Extended Aerobics, All Step, Water Combo) are:

Per 6 week session:	(M)	(NM)
2 days/week	\$16.50	\$24.75
3 days/week	\$22.25	\$33.25
4 days/week	\$26.50	\$39.75
5 days/week	\$31.50	\$47.25
6 days/week	\$35.75	\$53.50

Extended Aerobics
A land workout to include a minimum of 40 minutes of aerobics as well as a minimum of 15 minutes of toning. Low and high impact options will be demonstrated. Individuals are encouraged to work at their own pace.
MWF 10:00- 11:15a Fitness/Aerobics (min: 15)
MW 8:00- 9:15p Fitness/Aerobics (min: 15)
TR 6:15- 7:30p Cook Pavilion (min: 15)

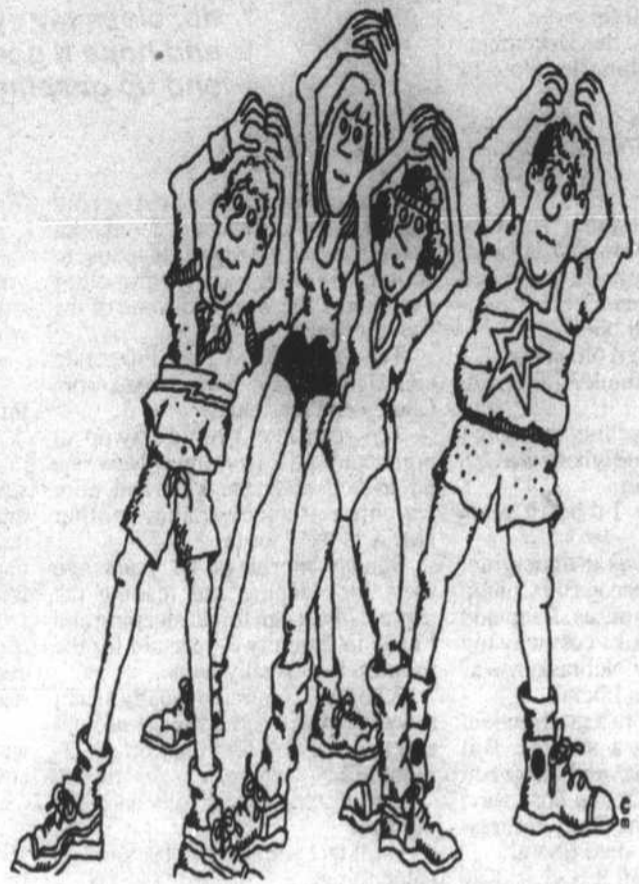
Water Combo
A water workout to include water aerobics, water step and water circuit. A progressive workout with a variety of water activities. It will include high intensity, low impact activities.
MW 5:15- 6:00p MLH Pool (min: 10)
TR 8:00- 9:00a CRec Pool (min: 10)
TR 5:15- 6:00p MLH Pool (min: 10)

"1st Step" Aerobics
A low impact workout using the Reebok Step in combination with land movements. A progression of movements are taught for the beginner/low skill level stepper.
MWF 11:20- 12:05p Fitness/Aerobics (min: 15)
TR 5:30- 6:30p ECAB Rm 31 (min: 10, max: 15) Staff/Faculty Priority
TR 6:45- 7:30a Fitness/Aerobics (min: 15) Staff/Faculty Priority
TR 6:15- 7:15p Fitness/Aerobics (min: 15)

"Step Forward"
A step workout using the Reebok Step in combination with land movements. Designed for the individual who has had the basic step class and would like a little more!
MWF 12:10- 12:50p Fitness/Aerobics (min: 15)
MWF 5:15- 6:15p Fitness/Aerobics (min: 15) Staff/Faculty Priority
TR 9:30- 10:30a Fitness/Aerobics (min: 15)
TR 12:10- 12:50p ECAB Rm 31 (min: 10, max: 15)
TR 4:00- 5:00p Fitness/Aerobics (min: 15)

Extended Step Aerobics
A workout designed using the Reebok Step in combination with land movements to include a minimum of 40 minutes of aerobics and a minimum of 15 minutes of toning.
MWF 7:00- 8:15a Fitness/Aerobics (min: 15)
MWF 6:30- 7:45p Fitness/Aerobics (min: 15)
MW 6:45- 8:00p ECAB Rm 31 (min: 10, max: 15)
TR 2:30- 3:45p Fitness/Aerobics (min: 15)
TR 8:00- 9:15p Fitness/Aerobics (min: 15)

Power Step Aerobics
A workout designed using the Reebok Step in combination with land movements to provide a high intensity, high impact workout. This class is for the advanced stepper.
MWF 4:00- 5:00p Fitness/Aerobics (min: 15)
TR 12:05- 12:55p Fitness/Aerobics (min: 15)



NEW!! ***COMBINATION CLASSES*****NEW!!**
Take either of these scheduled two classes back-to-back for a reduced rate.

MWF	8:30-9:20a	Progressive Aerobics	Fitness/Aerobics
	9:25-9:55a	Posture Works	
Cost:	(M) \$28.00	(NM) \$42.00	Minimum: 15
TR	12:05-12:55p	Power Step	Fitness/Aerobics
	1:00-1:30p	Ab Attack	
Cost:	(M) \$25.00	(NM) \$37.50	Minimum: 15

Facilities Key: Fitness/Aerobics & CRec Pool-Campus Recreation Center,
E.C.A.B. Rm 31-East Campus Activities Building,
MLH Pool & MLH South (313/314) -Mabel Lee Hall,
Schramm Residence Hall,
Cook Pavilion-Campus Recreation Center
Combative Arts Rm.-Campus Recreation Center

(M) Member/(NM) Non-Member Status
Members are those persons who: (1) have paid student fees for the current session or (2) have paid the facility usage fees (staff, faculty, spouses and families). All others are considered non-members. All persons are required to show current UNL identification, every time, when entering a facility for class. If you do not have your I.D. you will not be allowed entrance.

RECEIPT # _____ DATE RECEIVED: (7500) ENTERED BY: _____
Return to: UNL Office of Campus Recreation
55 Campus Recreation Center
Lincoln, NE 68588-0232

Class Cancellation and Refund Policy:
Notice of cancellation must be received prior to the first scheduled class in order to receive a refund. Refunds will be less ten percent as a cancellation fee. After the first class meeting your fee is non-refundable unless there is a bonafide medical emergency (will require verification from a physician) such as an injury or illness that will keep you from attending. If you have questions, please ask.
I have read and agree to the conditions stated above.

Signature _____ Dated _____

SI	SII	Class	Time	Days	M/NM	Fee
		Low Impact				
		Progressive				
		The Works				
		Ab Attack				
		Water Aerobics				
		Water Circuit				
		Posture Works				
		Extended				
		Water Combo				
		1st Step				
		Step Forward				
		Extended Step				
		Power Step				
		Combo MWF				
		Combo TR				
Total Fee Paid						>>>>

MAKE CHECKS PAYABLE TO: UNIVERSITY OF NEBRASKA
NAME: _____ S.S. # _____
Campus ADDRESS: _____ Campus ZIP: _____
Campus PHONE: _____ BIRTH DATE: ____/____/____
STATUS: Student _____ Faculty/Staff _____ Family _____ Other _____