**FITLIFE Summer 2016 Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>6-7 am</td>
<td>Strength &amp; Conditioning (PEAP 116)</td>
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<td>12:00-1:00 pm</td>
<td>Strength &amp; Conditioning (PEAP 116)</td>
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<td>Strength &amp; Conditioning</td>
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<tr>
<td>12:00-1:00 pm</td>
<td>Cardio Challenge* (PEAP 110)</td>
<td>Circuit Express (12-1 pm)</td>
<td>Cardio Challenge*</td>
<td>Circuit Express (12:00 -1:00pm)</td>
<td>Cardio Challenge*</td>
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<td>5:30-6:30 pm</td>
<td>Body Blast* (PEAP 115)</td>
<td>Basic Training</td>
<td>Pilates (PEAP 205)</td>
<td>Senior Fitness</td>
<td>Bootcamp</td>
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<td></td>
<td>Seniors Fitness (PEAP 116)</td>
<td>Yoga (PEAP 206)</td>
<td>Body Blast*</td>
<td>Basic Training (PEAP 117)</td>
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<tr>
<td>6:30-7:30 pm</td>
<td>Hydrofit</td>
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All classes are taught by senior-level Applied Exercise Physiology Students. Participation is limited to availability so register early! Class times are subject to change for University sponsored events.

June 6 — August 5
**NEW CLASSES!!**

### Class Descriptions & Locations

**Senior Fitness (PEAP 116):** A low intensity fitness class for those individuals over the age of 55, who require a more easy paced exercise program. The class format will include various forms of exercise to keep you motivated.

**Yoga (PEAP 205):** Yogic breathing techniques and physical postures are used to develop a mind-body connection. In this recreational format, a dynamic warm-up prepares the body for strength-building postures, followed by deep stretches and relaxation. Breathing, feeling and listening to one’s body are emphasized as participants gain balance, strength, flexibility, and peace of mind.

**Pilates (PEAP 206/205):** A FITLIFE Summer Memberships Prices and Registration Information

**FITLIFE Exercise Program**

- **Select Membership**
  - (All FITLIFE classes, except Yoga, Pilates, and Bootcamp)
  - $85.00

- **Basic Membership**
  - (all FITLIFE classes, except Yoga, Hydrofit, Pilates, and Senior)
  - $55.00

- **Senior Membership**
  - (Senior fitness class only)
  - $45.00

- **Hydrofit Membership**
  - (Hydrofit classes only)
  - $75.00

- **Yoga Membership**
  - (Yoga classes only)
  - $120.00

- **Boot Camp**
  - (Bootcamp Only)
  - $160.00

- **Specialty + Basic Membership**
  - $145.00

- **Pilates Membership (Pilates only)**
  - $120.00

- **Weight Management Program**
  - $100.00

- **Yoga & Pilates Membership**
  - $145.00

**FITLIFE is a university based exercise and physical fitness program directed by the Applied Exercise Science Laboratory at Texas A&M University. The program is designed to provide faculty, staff, students, and community members with a variety of low cost exercise classes. FITLIFE also functions in ongoing clinical research in the area of applied exercise science. The program is a part of the Department of Health and Kinesiology, and is staffed by professors, graduate students, and undergraduate students in the clinical exercise science discipline.**

**Strength & Conditioning (PEAP 116 and 117):**
6am weights are held in PEAP 117 while the 12 pm weights are held in PEAP 116.

**Circuit Express (PEAP 116):** Complete your workout in 80 minutes with a circuit training class consisting of a mixture of heart rate raising activities and intense toning.

**Cardio Challenge (PEAP 115):**
Spend your lunch hour doing something great... working out! Cardio Challenge is a 45 minute step class, followed by 15 minutes of intense ab work. You’ll go back to work feeling energized!

**Basic Training (PEAP 117):**
A multifaceted class designed for individuals trying to lose body fat, increase aerobic capacity, and develop muscular strength and flexibility. The class will include a variety of strength training and aerobic conditioning classes.

**Hydrofit (Rec Center, Instructional Pool):**
Hydrofit is a great way to condition the cardiovascular system and tone major muscle groups. Reduce the stress on your joints and take a dive into this class.

**Senior Fitness (PEAP 116):** A low intensity fitness class for those individuals over the age of 55, who require a more easy paced exercise program. The class format will include various forms of exercise to keep you motivated.

**Yoga (PEAP 205):**
Yogic breathing techniques and physical postures are used to develop a mind-body connection. In this recreational format, a dynamic warm-up prepares the body for strength-building postures, followed by deep stretches and relaxation. Breathing, feeling and listening to one’s body are emphasized as participants gain balance, strength, flexibility, and peace of mind.

**Pilates (PEAP 206/205):** A system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginner, intermediate, or advanced pace.

**Body Blast (PEAP 115):**
The class consists of both resistance training and muscle endurance. A comprehensive, full body workout for both beginners and advanced fitness levels. You will use steps, body bars, dumb bells, and bands to strengthen, define, tone, and shape your muscles.

**Boot Camp (PEAP 115/Outdoor camp):**
Exercise sessions featuring both strength and cardio endurance at the new PEAP Bootcamp course. You will work with resistance bands in addition to the outdoor obstacle course.