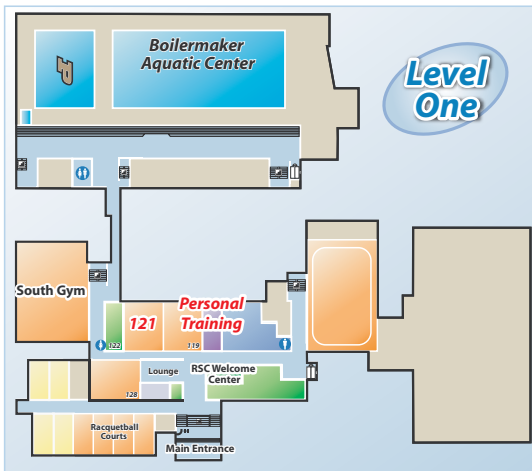


Free L2P Sampler Classes!

August 31 - Sept. 3, Room 121

Monday	Power Yoga	5:30 p.m.
	Cycle	6:30 p.m.
Tuesday	Kickboxing	5:30 p.m.
	PiYo	6:30 p.m.
Wednesday	Power Yoga	5:30 p.m.
	Cycle	6:30 p.m.
Thursday	Kickboxing	5:30 p.m.
	PiYo	6:30 p.m.

Spaces are limited. Available on a first-come, first-serve basis so be sure to show up early.

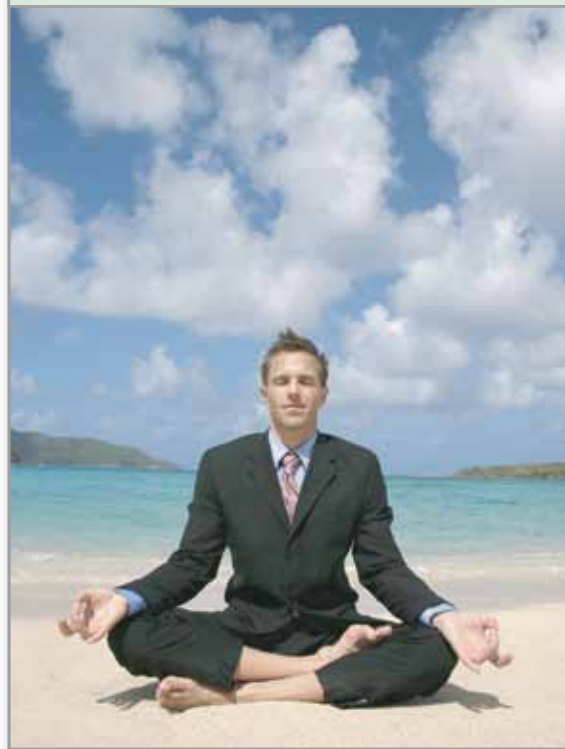


The Recreational Sports Center is located on the corner of 3rd Street and Martin Jischke Drive (formerly Intramural Drive).

Division of Recreational Sports
www.purdue.edu/recsports

An equal access/equal opportunity university
 An equal opportunity/affirmative action employer
 Produced by the Division of Recreational Sports

Learn 2 Play *Away*



We understand your life is busy. With the **Learn to Play Away** fitness program, there's no need to leave the office to experience an escape. Our certified fitness instructors will come to you, providing your group with a personalized Learn to Play class. Enjoy...

- Pilates
- PiYo
- Power Yoga
- Yoga for Relaxation
- Turbo Kick®
- Zumba®

One-hour *multiple*
class request
\$55⁰⁰
per class*

One-hour *single*
class request
\$65⁰⁰
per class*

To learn more and for class descriptions, visit

www.purdue.edu/recsports

Or call 765-496-6234

*Class sizes are subject to limitations. Call for details.

PURDUE
UNIVERSITY

Instructional Fitness at Its Best

Learn
2
Play

Fall 2009



Classes start at just
\$38⁵⁰

FREE Sampler Classes
start Aug. 31

P
Rec Sports
www.purdue.edu/recsports

Registration begins
August 24

Class sizes are limited. Historically, most classes have filled quickly--prior to the registration deadline, so don't put it off. On August 24, visit the RSC Welcome Center or register over the phone to secure your position in your favorite class.

Classes are 11-week sessions
 Scheduled Sept. 7 - Nov. 22

Registration deadline: Sept. 21
 No Classes during October Break: Oct. 12-13

Register over the phone.

765-494-3109



Classes are 50 minutes in length
 unless otherwise noted.

- Sign up and pay at the RSC Welcome Center or over the phone.
- Payment must accompany registration.
- All sign-ups are final, no transfers will be allowed due to class limitations.
- Classes are subject to class minimums and maximums.
- There are no refunds, except in cases when class is cancelled.



Purdue employee participants attending and completing activities for the Learn to Play program will receive credit toward the wellness achievement incentive. Participants will receive the "purple apple"--also known as the Programs criteria (6-14 weeks). See www.purdue.edu/healthypurdue for more information on the wellness criteria.

Learn-To-Play Instructional Classes • Fall 2009

Hatha Yoga

Activity 110

Increase strength and flexibility while focusing on awareness, connection to breath, proper body alignment and deep relaxation. This slow flow Yoga class will surely suit your needs to feel better, look better and relieve stress.

M/W, 7:00 a.m. Instructor: Diana (A) **\$77⁰⁰**

Power Yoga

Activity 111

Power Yoga is a vigorous and athletic style of Yoga which guarantees an energetic workout and offers challenges that beginners and advanced students alike can appreciate.

Sat, 12:45 p.m. Instructor: Tracy (A) **\$38⁵⁰**

M/W/F, 5:30 p.m. Instructor: Stacey (B) **\$115⁵⁰**

*Classes meet in RSC 121
unless otherwise noted*

PiYo®

Activity 120

An athletic blend of Pilates, Yoga, strength conditioning, flexibility and dynamic balance.

M/W, 7:30 p.m. Instructor: Marie (A) **\$77⁰⁰**
T/Th, 6:30 p.m. Instructor: Marie (B)

Sun, 6:00 p.m. Instructor: Tracy (C) **\$38⁵⁰**

Pilates

Activity 127

Isolate and strengthen your core through integrated, efficient and graceful movement. This mat class will develop long, lean muscles while increasing strength, flexibility, balance and postural improvements.

T/Th, 4:30 p.m. Instructor: Meghan (A) **\$77⁰⁰**

Pumped up Pilates 75 Minutes

Activity 128

Utilizing concepts from the traditional 60-minute Pilates class, this 75-minute class incorporates various strength training equipment including Pilates resistance circles, stability balls, mini-medicine balls, light dumbbells and more.

Sat, 11:30 a.m. Instructor: Tracy (A) **\$57⁷⁵**

Cycle

Activity 131

Indoor Cycling simulates riding over hills, flats, intervals, and more. Your instructor will coach you on a ride where you have total control in adjusting your intensity so every ride is your ride!

M/W, 8:00 a.m. Instructor: Kaye (A) **\$77⁰⁰**

M/W, 3:30 p.m. Instructor: Alyssa (B)

M/W, 6:30 p.m. Instructor: Annie (C)

T/Th, 7:00 a.m. Instructor: Alyssa (D)

T/Th, 7:30 p.m. Instructor: Heather (E)

M/W/F, 4:30 p.m. Instructor: Kevin (F) **\$115⁵⁰**

Ultimate Cycle 75 Minutes

Activity 133

If you hunger for a class that will push your limits, join us Saturdays for this thrilling outdoor ride simulation.

Sat, 10:15 a.m. Instructor: Kevin (A) **\$57⁷⁵**

Cycle In/Yoga Out

Activity 134

30 minutes of cycling followed by 20 minutes of yoga. After your ride, restore energy through slow, deep stretches catered to the cycling athlete's needs.

T/Th, 8:30 a.m. Instructor: Dawn (A) **\$77⁰⁰**

Women on Weights

Activity 140

Forget body building. This strength training class will blast body fat and tone muscles. Get hands-on training, guaranteeing proper form. Designed for women of all ability levels.

T/Th, 3:30 p.m. Instructor: Meghan (A) **\$77⁰⁰**

Kickboxing

Activity 150

Boost your cardiovascular workout with conditioning drills that incorporate the use of elbow and knee strikes, punches, and kicks.

T/Th, 5:30 p.m. Instructor: Marie (A) **\$77⁰⁰**

Go the Distance!

Activity 163

In the Personal Training Room

What's your goal? 5K, 10K, Half, or Full Marathon... Train for your choice with interval, long runs, cross-training and much more. The payoff is an opportunity to compete at the semester's end. Open to all skill levels.

This 9-week class ends November 4.

M/W, 5:30 p.m. Instructor: Kevin (A) **\$63⁰⁰**

The Team



Alyssa combines a positive attitude, up-beat music, and unique coaching strategies that will leave you fit, happy, and singing along.



Annie will help you achieve new levels of fitness as you ride to the beat in a high-energy cycle class. You'll break a sweat and have fun doing it!



Dawn has helped people reach their goals for over 12 years. She'll inspire you to work at your top level, boosting your performance in every class.



Diana is a big believer in using exercise to boost fitness and mental outlook. Relax and restore with proven techniques.



Heather will help you kick your performance into high gear. Her positive energy will have you leaving her class feeling better than when you came in.



Kaye will combine music and skill to provide you with an energetic atmosphere that allows you to work at your own pace.



Kevin has competed in over 30 Sprint, Olympic, and Half Iron-Man Triathlons. He'll share the secrets to help you train like a champion.



Marie combines Pilates and yoga in a powerful way to improve balance and total body strength. Feel the stress leave your body in a fun and relaxing atmosphere.



Meaghan tailors each class to meet her participant's needs. Get ready to see how much fun it can be to reach your goals.



Stacey's high-energy sessions will give you a chance to work hard. You'll feel an increase in strength and flexibility.



Tracy is a certified instructor trained in the works of Joseph Pilates. You'll love how her class will make you feel and move.