SU SIRA
SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES



Cardio Sculpt
Spring 2018 Session II (March 19th – May 2nd)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is $20.00 for 1 day/week (choose one day) or $40.00 for 2 days/week (Mon/Wed). The Public rate that all applies to all other individuals is $40.00/$80.00 for 1-2 days/week.

SPACE IS LIMITED!! To register, please fill out the SIRA Fitness Online Registration Form: https://www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/fitness-and-wellness/. Participants may pay for class on-line (with a Pirate Card) or pay via check (make checks payable to "Southwestern University") to the SIRA Office (CJR215) or via campus mail.

Session Schedules and Format

Mondays and Wednesdays from 12:00-12:50pm in the CJR Aerobics Room

Cardio Sculpt will use a variety of different class formats to provide both strength training and a cardiovascular workout each day. This class will regularly incorporate circuit training, interval work, aerobic dance and/or step workouts, as well as the use of weights and bands to keep things new and challenging for participants. This fun, fast-paced class does not require previous experience with group fitness workouts just a willingness to try something new in a friendly and supportive environment.

Instructor Qualifications

Jamie Bradford is the instructor for this class. Jamie is an AFAA certified group fitness instructor with 6+ years of experience teaching fitness classes and she is also CPR/AED certified.

More information(?)

Contact Derek Timourian at 512-863-1665 or timourid@southwestern.edu