



## Cardio Sculpt

Fall 2019 Session II (October 17<sup>th</sup> – December 5<sup>th</sup>)

### 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 (Tues/Thurs). 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

***Tuesdays and Thursdays from 12:00-12:50pm in the CJR Aerobics Room***

*Note: No class will be offered on Thursday, November 28<sup>th</sup> (Thanksgiving Day).*

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, walking/jogging 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 9+ 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](mailto:timourid@southwestern.edu)