Focus on Fitness – Summer

Classes take place from June 4th – August 3rd, 2012.
Contact Christina Amato with questions at camato@colgate.edu or ext. 7649.
Click Here to Register

Fit Summer 2012
Get active and enjoy a healthier summer with Focus on Fitness!

Spinning
Tues/Thur 12:10-12:50 PM
Location: 2nd Spin Studio in Huntington
Instructor: Deb Borderlon
Group indoor cycling... fun, motivating and a great workouts. Spinning is a great way to build aerobic endurance, lose weight, and build strength.

Kettlebell Blast
Tues/Thur 12:10-12:50 PM
Location: 3rd Floor Studio Huntington
Instructor: Joelle Faulks
"Kettlebell Blast" class uses the uniquely challenging piece of equipment called the Kettlebell. Swing it, press it, pull it and see your body transform! This is a great class for new and experienced exercisers to get fit and improve their strength, power and anaerobic fitness.

Power Toning & Stretch
Mon/Wed 12:10-12:50 PM
Location: 3rd Floor Studio in Huntington Gymnasium.
Instructor: Shannon Cutting
Class involves working individual muscles or groups of muscles against resistance. Flexibility training will be incorporated within the workout for muscle flexibility and the reduction of muscular tension. The final stretch and relaxation will promote mind-body awareness and facilitate a relaxation response by your body. *Class will run only June 4th-27th*

Interval Strength
Tues/Thur 2:15-3:00 PM
Location 3rd Studios in Huntington
Instructor: Christina Amato
Get the perfect combination of strength training and cardio with this interval workout. Challenging for every fitness level and a great weight to jump start weight loss!

Deep Water Exercise
Mon/Wed 12:10-12:50 PM
Location: Linberry Pool
Instructor: Suzie Meres
Class includes a wide variety of water exercises that provide cardiovascular conditioning, toning, and strengthening of muscles and will focus on non-impact aerobic movements, core stabilization, and stretching techniques for all ability levels.

Zumba and Aqua Zumba
Zumba – Wednesday, 12:10-12:50 PM
Location: 3rd Floor Studio Huntington
Aqua Zumba - Friday, 12:10-12:50 PM
Location: Linberry Pool
Instructor: Marni Manwarren
Zumba is a fun, exciting dance/fitness class that is probably different than any other exercise class you've ever attended. It's influenced by Latin music and easy-to-follow moves. The routines feature interval training sessions with fast and slow rhythms designed to tone and sculpt your body. And now we are offering it in the WATER too! Try Aqua Zumba and get the same great Zumba workout in the pool!

New Class!

Sign-up today! Space is limited for each class.