

Aug 21 - Aug 30

\$10 off pass price
FREE preview of mind/body & cycle classes

FALL 2017

FITNESS SCHEDULE

FALL FITNESS: AUG 21 - DEC 10

Pass Prices

\$4 single

\$69 unlimited mind/body

\$35 unlimited cycle

\$85 unlimited combo

The Rec Center is closed for home football games (no classes): Aug 26, Sep 9, Oct 14, Oct 28, Nov 11, and Nov 18

Updated August 18, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Rec Hours: 6am–11:30pm	Rec Hours: 6am–11:30pm	Rec Hours: 6am–11:30pm	Rec Hours: 6am–11:30pm	Rec Hours: 6am–11:30pm
6:15–7:00am Ⓞ \$\$\$ Cycle 45 w/ Chiara	6:15–7:00am Ⓞ \$\$\$ Cycle 45 w/ Rae	6:15–7:00am Ⓞ \$\$\$ Cycle 45 w/ Chiara	6:45–7:30am ① Barbell Pump w/ Chiara	6:15–7:00am Ⓞ \$\$\$ Cycle 45 w/ Clarissa
6:15–7:00am ① Sculpt w/ Rae	6:45–7:30am ① Kickboxing 45 w/ Chiara	6:15–7:00am ① Sculpt w/ Rae		6:15–7:00am ① Sculpt w/ Rae
6:30–7:30am ④ \$\$\$ Yin Yang Flow w/ Carly M.	7:15–8:00am Ⓞ \$\$\$ Cycle 45 w/ Taryn	6:30–7:30am ④ \$\$\$ Yin Yang Flow w/ Carly M.		8:00–9:15am ④ \$\$\$ Mindful Morning Yoga w/ Kelly
8:15–9:00am Ⓞ \$\$\$ Cycle 45 w/ Eliot	8:30–9:45am ④ \$\$\$ Vinyasa w/ Renee		8:15–9:00am Ⓞ \$\$\$ Cycle 45 w/ Eliot	
8:15–9:00am ① Butts & Guts w/ Taylor		8:15–9:00am ① Butts & Guts w/ Taylor		
10:45–11:30am ① Battleropes w/ Mackenzie		11:00am–12:00pm ④ \$\$\$ Vinyasa 60 w/ Theresa		11:00–11:45am Ⓞ \$\$\$ Cycle 45 w/ Samantha
11:00am–12:00pm ④ \$\$\$ Vinyasa 60 w/ Theresa	11:00am–12:15pm ④ \$\$\$ Mindful Mid-day Yoga w/ Kelly	11:15am–12:00pm ① Sculpt w/ Chiara		11:00am–12:00pm ④ \$\$\$ Meditation & Flow w/ Brit
12:00–12:45pm Ⓞ \$\$\$ Cycle 45 w/Samantha	11:15am–12:00pm ① HIITS w/ Chiara	12:00–12:45pm Ⓞ \$\$\$ Cycle 45 w/ Kate	11:15am–12:00pm ① Battleropes w/ Mackenzie	12:00–12:45pm Ⓞ \$\$\$ Cycle 45 w/ Bethany
12:15–1:00pm ① Zumba 45 w/ Vanessa	12:15–1:00pm ① Barbell Pump w/ Vanessa	12:15–1:00pm ① Zumba 45 w/ Vanessa	12:15–1:00pm ① Sculpt & Core w/ Grace	12:15–1:00pm ① Zumba 45 w/ Vanessa
12:15–1:30pm ④ \$\$\$ All Levels Hatha w/ Michael	12:30–1:45pm ④ \$\$\$ Vinyasa w/ Keni	12:15–1:30pm ④ \$\$\$ All Levels Hatha w/ Michael	12:15–1:30pm ④ \$\$\$ All Levels Hatha w/ Michael	2:15–3:15pm ④ \$\$\$ Vinyasa 60 w/ Norelle
2:15–3:15pm ④ \$\$\$ Vinyasa 60 w/ Norelle	1:15–2:00pm ① Butts & Guts w/ Samantha	2:15–3:00pm ① Battleropes w/ Bethany	1:15–2:00pm ① Butts & Guts w/ Samantha	2:15–3:15pm ① Sculpt & Core w/ Grace
2:15–3:00pm ① Barbell Pump w/ Bethany	2:00–3:00pm ④ FREE Beginner Yoga w/ Keni	2:15–3:15pm ④ \$\$\$ Vinyasa 60 w/ Norelle	2:15–3:15pm ④ \$\$\$ Yoga Sculpt w/ Norelle	5:15–6:15pm ① Bootcamp w/ Pam
3:30–4:30pm ④ FREE Beginner Yoga w/ Keni	2:15–3:15pm Ⓞ \$\$\$ Ride & Define w/ Samantha	2:30–3:30pm ② PiYo w/Erin	4:00–5:00pm ① Bootcamp & Core w/ Summer	
4:00–5:00pm Ⓞ \$\$\$ Ride & Define w/ Samantha	4:00–5:00pm ① Barbell Pump & Core w/ Summer	3:00–3:45pm Ⓞ \$\$\$ Cinema Cycle w/ Clarissa	5:15–6:15pm Ⓞ \$\$\$ Ride & Define w/ Shea	
4:45–6:00pm ④ \$\$\$ Slow Flow w/ Keni	5:15–6:15pm ① Battleropes w/ Pam	4:00–5:00pm ① Barbell Pump & Core w/ Shea	5:15–6:15pm ① Dance HIITS w/ Clarissa	
5:15–6:15pm ① TNT Kickboxing w/ Pam	5:15–6:15pm Ⓞ \$\$\$ Ride & Define w/ Shea	4:00–5:00pm Ⓞ \$\$\$ Ride & Define w/ Samantha	5:15–6:00pm ② Sculpt w/ Kate	
5:15–6:00pm Ⓞ \$\$\$ Cycle 45 w/ Rae	5:15–6:00pm ② Sculpt w/ Kate	5:15–6:15pm ② Sculpt & Core w/ Grace	5:30–6:45pm ④ \$\$\$ Restorative Yoga w/ Savannah	
5:30–6:15pm ② Strength 101 w/ Shea	5:30–6:45pm ④ \$\$\$ Power Vinyasa w/ Courtney	5:15–6:15pm Ⓞ \$\$\$ Ride & Define w/ Shea	6:30–7:15pm Ⓞ \$\$\$ Cycle 45 w/ Kate	
6:15–7:30pm ④ \$\$\$ Vinyasa w/ Kyrie	6:30–7:15pm ② Strength 101 w/ Shea	5:15–6:15pm ① TNT Kickboxing w/ Dianne	6:30–7:15pm ② Strength 101 w/ Shea	
6:30–7:30pm ② Sculpt & Core w/ Lauren	6:30–7:15pm Ⓞ \$\$\$ Cinema Cycle w/ Clarissa	5:15–6:30pm ④ \$\$\$ Yin & Yang w/ Katherine	6:30–7:30pm ① Kickboxing w/ Taryn	
6:30–7:30pm ① Capoeira w/ Renzo & Silvia	6:30–7:30pm ① Tabata & Core w/ Pam	6:30–7:15pm ① Butts & Guts w/ Samantha	7:00–8:15pm ④ \$\$\$ Slowburn Yoga w/ Maddie	
6:45–7:30pm Ⓞ \$\$\$ Cycle 45 w/ Shea	7:00–8:00pm ④ \$\$\$ Yoga for Athletes w/ Julie	6:45–8:00pm ④ \$\$\$ Power Vinyasa w/ Courtney	7:30–8:15pm Ⓞ \$\$\$ Cycle 45 w/ Kate	
7:45–8:45pm ① Zumba w/ Lauren	7:45–8:45pm ① Dance HIITS w/ Clarissa	7:30–8:30pm ① Zumba w/ Carley	7:45–8:45pm ① Zumba w/ Sally	
7:45–8:30pm Ⓞ \$\$\$ Cycle 45 w/ Bethany	8:15–9:30pm ④ \$\$\$ Slow Flow Meditation w/ Carly M.	7:45–8:30pm Ⓞ \$\$\$ Cycle 45 w/ Bethany		
7:45–8:45pm ④ FREE Beginner Yoga w/ Kyrie				

Saturday

Rec Hours: 8am–8pm
12:30–1:30pm ①
Saturday Strength w/ Rotating Instructor

Sunday

Rec Hours: 12pm–11:30pm
3:00–4:00pm Ⓞ \$\$\$
Cycle Surprise w/ Rotating Instructor
4:00–5:00pm ①
Cardio Power w/ Clarissa
5:00–6:00pm ④ \$\$\$
Functional Flow w/ Julie

KEY
red = mind/body
green = group fitness
orange = indoor cycling
① studio 1
② studio 2
Ⓞ cycling studio
④ studio 4

Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

Mind/Body Class Descriptions - All mind/body classes require a pass except the beginner class, which is free.

All Levels Hatha: A step up from Beginner Yoga, you move fluidly and slowly and feel each and every pose. This class is for all fitness levels.

Beginner Yoga: This class builds a foundation of good alignment and understanding of yoga poses and is appropriate for beginners or anyone who wishes to spend more time on each pose.

Functional Flow: Functional Flow is a yoga class based on principles of biomechanics and functional movements that expand the capacity for full body mobility and breath work.

Meditation & Flow: Cap off your week with a short meditation and mindful yoga flow to move into the weekend with intention. Participants will be guided through a 15 minute meditation focusing on different themes each week followed by an all levels vinyasa flow. No prior experience needed.

Mindful Morning Yoga/Mindful Midday Yoga: In Mindful Yoga, there is less of a focus on the exact posture achieved and more of a focus on body/mind awareness. Mindful Yoga helps you gain control over your attention, which allows you to focus on the present experience.

Power Vinyasa: Power Vinyasa is a powerful, energetic form of yoga. In this vigorous and revitalizing class, you will move fluidly from one pose to the next and will connect your breath to your movement.

Restorative Yoga: In this class, you will focus on achieving physical, mental, and emotional relaxation. Step away from the stress and anxiety of daily life and find calm and peace in this restorative class.

Slow Flow/Slow Flow Meditation: Slow Flow Yoga is a meditative flow that practices slowing down by using a slow and steady breath, holding postures, and transitioning smoothly.

Slowburn Yoga: Holding poses longer gets deeper into the muscle and helps sculpt and detoxify your body, and that is what Slowburn Yoga will do for you. You will still do the traditional poses and breathing, but there will be an added intensity.

Vinyasa/Vinyasa 60: Vinyasa is alignment-based and utilizes a holistic yoga method. Your muscles will warm from the inside out, allowing for you to become stronger, more flexible, and attain better posture. Join us to reduce your stress and anxiety, and gain clarity and happiness in the process. Vinyasa 60 has the same benefits as Vinyasa, except it is a shorter time commitment (60 minutes).

Yin & Yang/Yin Yang Flow: These classes blend two styles of yoga together into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

Yoga for Athletes: This class is designed to help all types and levels of athletes improve their flexibility, balance, breath awareness, and performance in yoga as well as in sport and daily life.

Indoor Cycle Class Descriptions - All indoor cycle classes require a pass.

Cinema Cycle: Sweat yourself sexy with music videos and the occasional move clip. Cinema Cycle gives you all of the benefits of Cycle 45 plus a projection of some awesome music. Boy bands, Halloween, pop, motivational, mash-ups, and more will help you get that booty into gear.

Cycle 45/Cycle 60: These are straight-up cycling classes. Cycling will challenge you to your core, so jump in and push as hard as you can. Cycle 45 is a 45-minute class, and Cycle 60 is a full hour.

Ride & Define: Get ready to push! This ride incorporates steep climbs, rolling hills, sprints, and flat land challenges designed to push you to perform. Find the peak of your performance as you push your way through this intense ride.

Group Fitness Class Descriptions - All classes are free

Barbell Pump/Barbell Pump & Core: Utilizing plate-loaded barbells, you will get sculpted from head to toe! Barbell Pump is a straight-up barbell class, while Barbell Pump & Core includes a core-specific segment as well.

Battle Ropes: Get ready for battle in this hard-core sweat fest using the toughest equipment around! Battle Ropes combines strength and explosiveness to activate and integrate all the major muscle groups for a total body workout with an emphasis on core stability.

Bootcamp/Bootcamp & Core: Don't be intimidated by the name! Bootcamp is great for anyone who wants to take a break from traditional aerobics. This workout includes strength and cardio training and the format is always changing to keep your body on its toes.

Butts & Guts: Get in there and get a great workout for your buns and your abs! Body weight exercises, cardio, dumbbells, steps, and BOSUs are all a part of this class. You never know what equipment will be used, but you know what body parts will be challenged!

Capoeira: Capoeira is a martial art that combines elements of acrobatics, dance, and rituals in a very elegant and magnetic way. Capoeira will give your body physical strength, power, and flexibility and your mind self-confidence, concentration, courage, and creativity. No experience needed.

Cardio Power: Cardio Power includes cardio intervals to get that heart rate up mixed with strength intervals for your legs, arms, and abs for a total body, heart-pumping, leave-feeling-like-you've-got-the-power class.

Dance HIITS: Move like a dancer as you sweat and boogie your way through this class. HIITS stands for High-Intensity Interval Training, so your heart rate goes up and then it comes down as you concentrate on muscle strength. This fun class will get you pumped and toned.

HIIT Bootcamp: This class "HIITS" all the major muscle groups and gives you a complete, full-body workout in only 45 minutes. Get in, get sweaty, and get out!

HIITS: High-Intensity Interval Training alternates between short bursts of intense exercise and less intense recovery periods. HIITS is a super efficient workout that will keep your body working hard the whole class.

Kickboxing/Kickboxing 45: If you like punching air and sweating to a fun, choreographed class, then Kickboxing is for you! Kickboxing combines martial arts techniques with fast-paced cardio for a fun and efficient workout. Kickboxing is a full 60-minute class, and Kickboxing is 45 minutes.

PiYo: PiYo combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. The speed of this class gets cranked up to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Sculpt/Sculpt & Core: Sculpt focuses on strengthening and toning the entire body by using bands, dumbbells, balls, and barbells. Sculpt & Core includes a core-specific segment as well.

Strength 101: Build confidence in strength training and weight lifting by learning and perfecting form. Gain strength, movement, and knowledge for main muscle groups.

TABATA & Core: GET READY FOR INTENSITY!!! Turn your body into a fat-burning super engine with this ultra effective, time-efficient workout. This interval-style class uses simple, intense, athletic moves and will push you to your max.

TNT Kickboxing: This class is an explosion from beginning to end! TNT is faster-paced than our regular Kickboxing classes and includes a "turbo boost" to really get your heart racing! Come jab, hook, cut, and kick your body into shape. This class is da bomb!

Zumba/Zumba 45: Zumba is a party in every class! The Latin music energizes you as you salsa, samba, and shimmy yourself fit! Zumba is a full 60 minutes of fun, and Zumba 45 is a 45-minute fiesta!