

# SPRING 2017 FITNESS SCHEDULE

SPRING FITNESS: JAN 17 - MAY 7



Free preview of Cycle and Mind/Body classes 1/17 - 1/26

\$10 off Cycle and Mind/Body passes 1/17 - 1/26

\$4 single

\$69 unlimited mind/body

\$35 unlimited cycle

\$85 unlimited mind/body & cycle

\* Updated: 31 January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Rec Hours: 6am–11:30pm</b>	<b>Rec Hours: 6am–11:30pm</b>	<b>Rec Hours: 6am–11:30pm</b>	<b>Rec Hours: 6am–11:30pm</b>	<b>Rec Hours: 6am–11:30pm</b>
6:15–7:00am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Clarissa	6:30–7:30am <span style="color: blue;">4</span> \$\$ Sunrise Yoga w/Savannah	6:15–7:00am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Clarissa	8:00–8:45am <span style="color: blue;">1</span> Sculpt w/Bethany	6:15–7:00am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Clarissa
6:15–7:00am <span style="color: blue;">1</span> Barbell Pump w/Shea	8:00–8:45am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Kenzie	6:15–7:00am <span style="color: blue;">1</span> Barbell Pump w/Shea	8:00–9:15am <span style="color: blue;">4</span> \$\$\$ Yin Yoga w/Carly	6:15–7:00am <span style="color: blue;">1</span> Boot Camp w/Summer
7:15–8:00am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Shea		6:30–7:30am <span style="color: blue;">4</span> \$\$ Sunrise Yoga w/Renee	9:00–10:00am <span style="color: blue;">2</span> \$\$\$ Slowburn Yoga w/Maddie	6:30–7:30am <span style="color: blue;">4</span> \$\$\$ Sunrise Yoga w/Renee
8:00–9:15am <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Kelly		7:15–8:00am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Shea		7:15–7:45am <span style="color: blue;">1</span> ABSolution w/Summer
11:00am–12:00pm <span style="color: green;">C</span> \$\$\$ Ride & Define w/Samantha		7:15–8:15am <span style="color: blue;">1</span> HIITS w/Chiara		7:30–8:15am <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Emily
11:00am–12:00pm <span style="color: blue;">4</span> \$\$\$ Vinyasa 60 w/Theresa Rose	11:00am–12:15pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Norelle	10:15–11:15am <span style="color: blue;">4</span> \$\$\$ Vinyasa 60 w/Theresa Rose	11:00am–12:15pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Norelle	9:00–10:00am <span style="color: blue;">2</span> \$\$\$ Ashtanga Yoga w/Maddie
11:15am–12:00pm <span style="color: blue;">1</span> Barbell Pump w/Molly	12:15–1:00pm <span style="color: blue;">1</span> Battle Ropes w/Mackenzie	11:00am–12:00pm <span style="color: green;">C</span> \$\$\$ Ride & Define w/Samantha	12:15–1:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Bethany	11:30am–12:45pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Norelle
12:15–1:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Taryn	12:15–1:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Bethany	11:15am–12:00pm <span style="color: blue;">1</span> Barbell Pump w/Molly	12:15–1:00pm <span style="color: blue;">1</span> Battle Ropes w/Mackenzie	12:15–1:00pm <span style="color: blue;">1</span> Zumba 45 w/Vanessa
12:15–1:00pm <span style="color: blue;">1</span> Zumba 45 w/Vanessa	12:30–1:45pm <span style="color: blue;">4</span> \$\$\$ Hatha w/Carly	12:15–1:00pm <span style="color: blue;">1</span> Zumba 45 w/Vanessa	12:15–1:30pm <span style="color: blue;">4</span> \$\$\$ All Levels Yoga w/Michael	12:15–1:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Taryn
12:15–1:30pm <span style="color: blue;">4</span> \$\$\$ All Levels Yoga w/Michael		12:15–1:30pm <span style="color: blue;">4</span> \$\$\$ All Levels Yoga w/Michael		2:00–3:00pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Norelle
2:00–3:00pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Norelle		2:30–3:15pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Kate		4:00–5:00pm <span style="color: green;">C</span> \$\$\$ Ride & Define w/Samantha
3:15–3:45pm <span style="color: blue;">1</span> Sculpt w/Bethany	4:00–5:00pm <span style="color: blue;">1</span> Kickboxing w/Taryn	3:15–3:45pm <span style="color: blue;">1</span> Sculpt w/Bethany	4:00–5:00pm <span style="color: blue;">1</span> Kickboxing w/Taryn	5:15–6:15pm <span style="color: blue;">1</span> Boot Camp w/Pam
4:00–5:00pm <span style="color: blue;">1</span> Battle Ropes & Core w/Madison	4:15–5:15pm <span style="color: blue;">2</span> PIYO w/Erin	3:45–5:00pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Katherine	4:00–5:00pm <span style="color: green;">C</span> \$\$\$ Cycle 60 w/Kate	
4:00–5:00pm <span style="color: blue;">4</span> FREE Beginner Yoga w/Kyrie	4:45–6:15pm <span style="color: green;">C</span> \$\$\$ Zen Ride w/Shea & Sarah	4:00–5:00pm <span style="color: blue;">1</span> HIIT Boot Camp w/Madison	4:00–5:15pm <span style="color: blue;">4</span> \$\$\$ Ashtanga w/Maddie	
4:00–5:00pm <span style="color: blue;">2</span> Sculpt & Core w/Mick	5:15–6:00pm <span style="color: blue;">1</span> Butts & Guts w/Samantha	4:00–5:00pm <span style="color: blue;">2</span> Sculpt & Core w/Mick	5:15–6:00pm <span style="color: blue;">1</span> Butts & Guts w/Samantha	
5:15–6:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Madison		5:15–6:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Madison	5:15–6:00pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Shea	
5:15–6:15pm <span style="color: blue;">1</span> TNT Kickboxing w/Pam	5:45–6:45pm <span style="color: green;">C</span> \$\$\$ Ride & Define w/Mick	5:15–6:15pm <span style="color: blue;">1</span> TNT Kickboxing w/Dianne	5:15–6:15pm <span style="color: blue;">2</span> PIYO w/Erin	
5:15–6:30pm <span style="color: blue;">4</span> \$\$\$ Vinyasa w/Kyrie	6:30–7:30pm <span style="color: blue;">1</span> Dance HIITS w/Clarissa	5:15–6:30pm <span style="color: blue;">4</span> \$\$\$ Power Vinyasa w/Courtney	5:30–6:45pm <span style="color: blue;">4</span> \$\$\$ Restorative Yoga w/Savannah	
5:15–6:15pm <span style="color: blue;">2</span> Sculpt & Core w/Kenzie	6:30–7:15pm <span style="color: blue;">2</span> Sculpt & Core w/Hayley	6:15–7:15pm <span style="color: green;">C</span> \$\$\$ Cycle 60 w/Emily	6:15–7:15pm <span style="color: green;">C</span> \$\$\$ Ride & Define w/Shea	
6:30–7:30pm <span style="color: blue;">1</span> Capoiera w/Silvia & Renzo	6:45–8:00pm <span style="color: blue;">4</span> \$\$\$ Power Vinyasa w/Courtney	6:30–7:30pm <span style="color: blue;">1</span> Barbell & Core w/Kenzie	6:30–7:30pm <span style="color: blue;">1</span> Dance HIITS w/Clarissa	
6:30–7:15pm <span style="color: blue;">2</span> Tabata w/Pam	7:00–7:45pm <span style="color: green;">C</span> \$\$\$ Cycle 45 w/Samantha	6:45–8:00pm <span style="color: blue;">4</span> \$\$\$ Slow Flow Yoga w/Keni	6:30–7:15pm <span style="color: blue;">2</span> Sculpt & Core w/Hayley	
6:45–7:15pm <span style="color: green;">C</span> \$\$\$ Cycle 30 w/Lauren	7:45–8:30pm <span style="color: blue;">1</span> Barbell Pump w/Clarissa	7:45–8:45pm <span style="color: blue;">1</span> Zumba w/Carley	7:45–8:30pm <span style="color: blue;">1</span> Barbell Pump w/Clarissa	
6:45–7:45pm <span style="color: blue;">4</span> \$\$\$ Yin Yoga w/Cassidy	8:15–9:30pm <span style="color: blue;">4</span> \$\$\$ All Levels Yoga w/Cassidy			
7:45–8:45pm <span style="color: blue;">1</span> Zumba w/Lauren				

## Saturday

**Rec Hours: 8am–8pm**

12:30–1:30pm <span style="color: blue;">1</span> Zumba w/Lauren
1:45–2:45pm <span style="color: blue;">1</span> Sculpt & Core w/Lauren

## Sunday

**Rec Hours: 12pm–11:30pm**

6:30–7:30pm <span style="color: blue;">4</span> \$\$\$ Vinyasa 60 w/Julie
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**KEY**

- blue = mind/body
- green = group fitness
- orange = indoor cycling

1 studio 1  
2 studio 2  
C cycling studio  
4 studio 4



CAMPUS RECREATION  
COLORADO STATE UNIVERSITY

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.**

**Acro Yoga:** AcroYoga blends the wisdom of yoga, with healing touch of Thai Massage, and the dynamic connection of acrobatics. We'll build both sensitivity and strength while training inversions, learning acrobatic flows, and sharing healing touch. Open to all levels. No partner necessary.

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

**Ashtanga Yoga:** This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence.

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

**Flow:** Class will begin to understand vinyasa flow yoga classes - a style of yoga that combines one breath with each movement. It's a good stepping stone between your first experiences with yoga and more advanced classes. Appropriate for all levels

**Hatha:** This is a beginner class for practitioners that want to learn basic alignment. Hold poses for a few breathes and take the time to feel your body in these asanas. You will learn how to safely position your body to prepare you for an intermediate class when you are ready.

**Restorative Yoga:** The focus of this class is to restore the body, mind and spirit by sending awareness to the breath and calming the nervous system. Each pose is held for about 10 – 12 breaths, and the use of props guides the practitioner into a deep state of relaxation in each pose. The class is very helpful for active individuals that need a chance to lengthen and stretch tight muscles.

**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.

**Sunrise Yoga:** A great way to start your day, this is a gentle yoga class that wakes up your senses and body and gets your mind focused for the day.

**Vinyasa:** This class is alignment based and utilizes a holistic yoga method. Your muscles will warm from the inside out, allowing for you to become stronger, flexible, and attain better posture. Join us to reduce your stress and anxiety, and gain clarity and happiness in the process.

**Vinyasa 60:** Same benefits of Vinyasa, except it is a shorter time commitment of 60 minutes.

**Vinyasa Core:** Traditional Vinyasa classes with the added element of a core section.

**Yoga Sculpt:** This class combines light weights with traditional yoga stretches and poses to increase strength, improve flexibility, build endurance and sculpt the body. This class torches calories!

**Yin Yoga:** Yin is a quiet practice suitable for participants of all levels of experience. The poses are held longer to get to the connective tissue and deep in to the joints for an amazing yoga experience.

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

**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 fitness as you push your way through this intense ride.

**Cycle 45 and 60:** This is a straight up cycling class. Cycling will challenge you to your core, so jump in and push as hard as you can. The number denotes the class length. The number after cycle represents the length of the class.

**Ride & Define:** Each session involves a warm up, a high-intensity cardio and strength session, and a cool down. Each class includes a short session using free weights, and by the time you get there, a one-pound dumbbell may as well weigh a ton. It's the sweatiest party you've ever been to.

**Zen Ride:** This fusion class is perfect for the yogis that like to sweat. Class starts with a 45 minute ride and ends with 45 minutes of yoga, zen and sweat in one beautiful practice.

### **Group Fitness Class Descriptions - All classes are free**

**ABSolution:** Do you need a solution for your ABS? This is your ABSolution! You will build strength in your back and in your ABS.

**Barbell Pump:** Utilizing plate loaded barbells, you will get sculpted from head to toe!

**Battle Ropes:** Get ready for battle with this hard-core, sweat-fest utilizing the toughest fitness equipment around. This Battle Ropes class combines strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves

**Boot Camp:** Don't be intimidated by the name, this is a great class for those who want to take a break from traditional aerobics. This challenging workout is non-choreographed and will get your heart pumpin and your muscles flexin.

**Battle Rope Boot Camp:** Combine 2 fun challenging classes into one power workout! Traditional boot camp style with the exciting battle ropes = a great cardio/strength workout.

**Butts & Guts:** Get in there and get a great workout for your gluts and your abs. Body weight exercises, cardio, dumbbells, steps, and BOSU's are all a part of this class and you never know what equipment will be used!

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

**Dance HIITS:** Move like a dancer as you sweat and boogie your way thru 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.

**Kickboxing 45:** If you like punching air and sweating to a fun choreographed class, then this class has your name written all over it. It's a 45 minute class that gets you in and out the door with a great workout.

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

**Sculpt & Core:** Total focus is on strengthening the entire body by using bands, dumbbells, balls and body bars.

**Tabata:** GET READY FOR INTENSITY! Turn your body into a calorie-burning, super-engine with this ultra effective, time-efficient workout. Intense, athletic, simple moves will push you to your max, with the opportunity to log your progress throughout the semester.

**TNT Kickboxing:** This class is an explosion from the beginning to the end! Jab, hook, cut, and kick your body into shape. It's da bomb!

**Zumba:** It's a party in every class! The Latin music energizes you as you salsa, samba, and shimmy yourself fit!

**Zumba 45:** Same as above, but it's 45 minutes instead of an hour.