

SUMMER 2017 FITNESS SCHEDULE



* Updated: May, 30 2017
* Fall schedule begins: Aug 21

SUMMER FITNESS: MAY 30-AUG 4
No classes July 4

Pass Prices

\$4 single

\$40 unlimited mind/body & cycle combo

Monday	Tuesday	Wednesday	Thursday	Friday
Rec Hours: 6am–8pm 7:30–8:15am 🟡 \$\$\$ Cycle 45 w/ Chiara 9:00–10:00am 🟢 \$\$\$ Vinyasa w/ Norelle 9:45–10:45pm 🟡 \$\$\$ Cycle 30 & Core w/ Shea 11:00–11:45am 🟢 1 Boot Camp w/ Shea 11:00am–12:00pm 🟢 \$\$\$ Vinyasa 60 w/ Theresa 12:15–1:15pm 🟡 \$\$\$ Cycle 30 & Core w/ Bethany 12:15–1:30pm 🟢 \$\$\$ All Levels Hatha w/ Michael 4:00pm–5:00pm 🟢 1 Sculpt & Core w/ Lauren 5:15–6:15pm 🟢 1 Zumba w/ Lauren 5:15–6:00pm 🟡 \$\$\$ Cycle 45 w/ Clarissa 5:15–6:30pm 🟢 \$\$\$ Vinyasa w/ Kyrie 6:30–7:30pm 🟢 1 Boot Camp w/ Taryn 6:30–7:15pm 🟡 2 Tabata w/ Pam	Rec Hours: 6am–8pm 7:30–8:15am 🟢 1 Barbell Pump w/ Chiara 9:00–10:15am 🟢 \$\$\$ Vinyasa w/ Maddie 9:45–10:30am 🟢 1 Sculpt w/ Shea 10:45–11:30am 🟡 \$\$\$ Cycle 45 w/ Shea 11:00am–12:00pm 🟢 \$\$\$ Vinyasa 60 w/ Norelle 12:15–1:00pm 🟢 1 Tabata w/ Rae 12:15–1:00pm 🟡 \$\$\$ Cycle 45 w/ Bethany 4:15pm–5:15pm 🟢 1 Barbell Pump & Core w/ Clarissa 5:15–6:30pm 🟢 \$\$\$ Vinyasa w/ Kyrie 5:30–6:15pm 🟢 1 Battleropes w/ Pam 5:30–6:15pm 🟡 \$\$\$ Cycle 45 w/ Clarissa 6:30–7:30pm 🟢 1 Kickboxing w/ Taryn 6:30–7:15pm 🟡 2 Sculpt w/ Chiara 6:45–7:45pm 🟢 \$\$\$ Restorative w/ Kyrie	Rec Hours: 6am–8pm 7:30–8:15am 🟢 1 Sculpt & Core w/ Taylor 7:30–8:15am 🟡 \$\$\$ Cycle 45 w/ Chiara 9:00–10:15am 🟢 \$\$\$ Vinyasa w/ Maddie 9:45–10:45am 🟡 \$\$\$ Cycle 30 & Core w/ Shea 11:00–11:45am 🟢 1 Boot Camp w/ Shea 11:00am–12:00pm 🟢 \$\$\$ Vinyasa 60 w/ Theresa 12:15–1:15pm 🟡 \$\$\$ Cycle 30 & Core w/ Bethany 12:15–1:30pm 🟢 \$\$\$ All Levels Hatha w/ Michael 4:00pm–5:00pm 🟢 1 Boot Camp w/ Chiara 4:00–5:00pm 🟢 4 Vinyasa w/ Norelle 5:15–6:15pm 🟢 1 Zumba w/ Carley 5:15–6:30pm 🟡 2 Tabata w/ Chiara 6:30–7:15pm 🟡 \$\$\$ Cycle 45 w/ Taryn 6:30–7:30pm 🟢 1 Dance HIITS w/ Clarissa	Rec Hours: 6am–8pm 7:30–8:15am 🟢 1 Barbell Pump w/ Madison 7:30–8:15am 🟡 \$\$\$ Cycle 45 w/ Chiara 9:00–10:15am 🟢 \$\$\$ Vinyasa w/ Maddie 9:45–10:30am 🟢 1 Sculpt w/ Shea 10:45–11:30am 🟡 \$\$\$ Cycle 45 w/ Shea 11:00am–12:00pm 🟢 \$\$\$ Vinyasa 60 w/ Norelle 12:00–1:00pm 🟡 \$\$\$ Cycle 45 w/ Madison 12:15–1:00pm 🟢 1 Tabata w/ Rae 12:15–1:30pm 🟢 \$\$\$ All Levels Hatha w/ Michael 4:00pm–5:00pm 🟢 1 Sculpt & Core w/ Lauren 5:15–6:15pm 🟢 1 Zumba w/ Lauren 5:30–6:15pm 🟡 \$\$\$ Cycle 45 w/ Chiara 5:30–6:45pm 🟢 \$\$\$ Vinyasa w/ Savannah 6:30–7:30pm 🟢 1 Bootcamp w/ Pam 6:30–7:15pm 🟡 2 Sculpt w/ Chiara	Rec Hours: 6am–8pm 7:30–8:15am 🟢 1 Barbell Pump w/ Taryn 7:30–8:15am 🟡 \$\$\$ Cycle 45 w/ Chiara 9:00–10:00am 🟢 \$\$\$ Vinyasa w/ Norelle 11:00am–12:15pm 🟢 \$\$\$ Vinyasa w/ Norelle 6:30–7:15pm 🟡 \$\$\$ Cycle 45 w/ Taryn Sunday Rec Hours: 12pm–8pm 2:45–3:30pm 🟢 1 Barbell Pump w/ Clarissa 3:45–4:45pm 🟢 1 Cardio Power w/ Clarissa

KEY
 blue = mind/body
 green = group fitness
 orange = indoor cycling
 1 studio 1
 2 studio 2
 🟡 cycling studio
 4 studio 4

Participants may reserve a class position by calling 491-6359 then press 1.
 Reservations may be made 24 hours in advance.
 Spots not reserved are available on a first come first served basis.

Classes are limited to 20 participants.
 Reservations are forfeited 5 minutes prior to start
 of class and spots are issued to stand by participants.



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.

All Levels Hatha 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.

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.

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 bodies in these asanas you will have a better understanding of weight distribution, and how to find your feet in balance. You will learn how to safely position your body to prepare you for an intermediate class when you are ready.

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.

Restorative Yoga – this class is for those seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress.

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

Cycle 45: 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.

Cycle 30 & Core: You get to sweat your face off and pump your legs for an intense fun ride, then you get to challenge your core, all of this equals a total body workout.

Group Fitness Class Descriptions - All classes are free

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

Barbell Pump & Core: All the body sculpting moves of Barbell Pump plus a dedicated time for focusing on the abs.

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.

Cardio Power: This is a class for everyone, no choreography involved. Your instructor will lead you thru a solid hour of cardio moves guaranteed to get your heart rate pumpin.

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.

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!