

SPRING 2019 FITNESS SCHEDULE

JAN 22 - MAY 10



FREE!
cycling studio



FREE!
1 studio 1 2 studio 2



\$69 unlimited yoga
4 studio 4

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30am 1 FREE POP Pilates w/Rae	6:30-7:30am 1 FREE Sunrise Bootcamp w/Rae	6:30-7:30am 1 FREE Sunrise Strength w/Rae	6:30-7:30am 1 FREE Sunrise Bootcamp w/Rae	7:30-8:30am 4 All Levels Flow w/Megan
7:45-8:30am 1 FREE Cardio Hits w/Molly C	6:30-7:30am 4 Power Vinyasa w/Nina	6:45-7:30am c FREE Cycle 45 w/Sierra	6:30-7:30am 4 Power Vinyasa w/Nina	7:45-8:30am 1 FREE Cardio Hits w/Molly C
8:00-9:00am 4 Power Vinyasa w/Norelle	8:00-9:00am 4 FREE Beginner Yoga w/Norelle	7:45-8:30am 1 FREE Cardio Hits w/Molly C	8:00-9:00am 4 FREE Beginner Yoga w/Norelle	7:45-8:30am c FREE Cycle 45 w/Phebe
8:00-8:45am c FREE Cycle 45 w/Torin	11:00-11:45am 2 FREE Sculpt w/Bethany	8:00-9:00am 4 Power Vinyasa w/Norelle	11:00-12:00pm 4 Vinyasa w/Norelle	10:00-11:00am 4 Vinyasa w/Corrina
10:00-11:00am 4 Vinyasa w/Corrina	11:00-12:00pm 4 Vinyasa w/Norelle	11:00-12:00pm 4 Vinyasa w/Jules	12:10-12:50pm 1 FREE Kickboxing w/Grace	11:10-12:00pm 4 Slow Flow & Meditation w/Corrina
11:10-12:00pm 4 Slow Flow & Meditation w/Corrina	12:00-12:45pm c FREE Cycle 45 w/Bethany	12:00-12:30pm c FREE Cycle 30 w/Mackenzie	12:15-1:30pm 4 All Levels Hatha w/Theresa	12:00-12:30pm c FREE Cycle 30 w/Mackenzie
12:00-12:30pm c FREE Cycle 30 w/Mackenzie	12:10-12:50pm 1 FREE Zumba® w/Vanessa	12:10-12:50pm 1 FREE Barbell Pump w/Vanessa	2:15-3:15pm 4 FREE Vinyasa w/Jules	12:00-1:00pm 2 FREE Sculpt w/Lexi
12:10-12:50pm 1 FREE Tabata w/Sierra	12:15-1:30pm 4 Vinyasa w/Theresa	12:15-1:30pm 4 All Levels Hatha w/Theresa	4:00-5:00pm 2 FREE Sculpt w/Zee	12:10-12:50pm 1 FREE Tabata w/Sierra
12:15-1:30pm 4 All Levels Flow w/Megan	3:30-4:30pm 4 Vinyasa w/Courtney	1:45-2:45pm 4 Slow Flow Restorative w/Haley	4:15-5:00pm 1 FREE Kickboxing w/Lexi	12:15-1:15pm 4 Power Vinyasa w/Kendall
3:00-4:00pm 4 Slow Flow Restorative w/Haley	4:00-5:00pm 2 FREE Sculpt w/Zee	3:00-4:00pm 4 Power Vinyasa w/Nina	4:45-5:45pm 4 Vinyasa w/Haley	1:30-2:15pm 1 FREE Kickboxing w/Grace
4:00-5:00pm 2 FREE Sculpt w/Phebe	4:15-5:00pm c FREE Cycle 45 w/Lexi	4:00-5:00pm 1 FREE HIIT w/Taylor	4:45-5:45pm c FREE Ride & Define w/Sierra	2:30-3:30pm 1 FREE Pilates Core w/Ashley
4:15-5:00pm 1 FREE Kickboxing w/Grace	4:45-5:45pm 4 Vinyasa w/Haley	4:15-5:00pm c FREE Cycle 45 w/Kylee	5:15-6:15pm 1 FREE Bootcamp w/Pam	5:15-6:15pm 1 FREE Barbell Strength w/Rachelle
4:15-5:00pm c FREE Cycle 45 w/Kylee	5:15-6:15pm 1 FREE Barbell Strength w/Rachelle	5:15-6:00pm 1 FREE Zumba® w/Molly D	6:00-6:45pm c FREE Cycle 45 w/Sierra	Saturday
5:15-6:00pm 1 FREE Zumba® w/Molly D	6:00-7:15pm 4 Advanced Power Vinyasa w/Courtney	5:15-6:15pm c FREE Cycle 30 & Lower Body Sculpt w/Phebe	6:15-7:15pm 4 Restorative/ Yin w/Megan	2:00-3:00pm 1 FREE Strength & Core w/Grace
5:15-6:15pm c FREE Cycle 30 & Upper Body Sculpt w/Lexi	6:00-7:00pm c FREE Cycle 45 & Core w/Margaret	5:30-6:30pm 4 Vinyasa w/Norelle	7:30-8:30pm 1 FREE Dance Hits w/Clarissa	Sunday
5:30-6:30pm 4 Power Vinyasa w/Kendall	6:30-7:15pm 1 FREE Kickboxing w/Ashley	6:15-7:15pm 1 FREE Dance Party w/Trin	7:30-8:45pm 4 Advanced Power Vinyasa w/Courtney	4:00-5:00pm 1 FREE Barbell & Core w/Clarissa
6:15-7:15pm 1 FREE Dance Party w/Trin	7:30-8:30pm 1 FREE Dance Hits w/Clarissa	6:30-7:30pm c FREE Cycle 45 & Core w/Margaret		5:00-6:00pm 4 Power Vinyasa w/Kendall
6:30-7:15pm c FREE Cycle 45 w/Margaret	7:30-8:15pm 4 Evening Meditation w/Megan	6:30-7:30pm 2 FREE Sculpt w/Kendra		5:30-6:30pm 1 FREE Tabata w/Kendra
6:45-8:00pm 4 Slow Flow & Meditation w/Carly		6:45-8:00pm 4 Slow Flow & Meditation w/Carly		7:00-8:00pm 4 Vinyasa w/Haley
7:30-8:30pm 1 FREE Pilates Core w/Ashley		7:30-8:30pm 1 FREE Pilates Core w/Ashley		

*Classes not labeled as free require a pass. \$4 single class pass

*Passes can be purchased at the Service Center before the start of the class.

*January 22nd - 31st, all classes are FREE to try PLUS save \$10 on a yoga pass.

*During spring break and finals week, the schedule is different, and all classes are free.

Updated on:
1/23/2019



CAMPUS RECREATION
COLORADO STATE UNIVERSITY

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ADAPTABLE ACTIVITY
Email the staff member listed for more info

GROUP FIT CLASS DESCRIPTIONS

- **Barbell & Core** - Get ready to work those muscles! In this hour-long class, get a total body workout with extra core at the end. Clarissa will lead a workout based on time intervals or number of reps, so your body will always be guessing! Let's do this!
- **Barbell Pump** - This class uses plate-loaded barbells and other equipment to give you a strength and endurance workout that's choreographed to a super fun beat!
- **Barbell Strength** - Utilizing plate-loaded barbells and the beat of the music, you will build strength from head to toe in this hour-long class!
- **Bootcamp** - 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 class is a non-choreographed workout that will get your heart pumping and your muscles moving.
- **Cardio Hits** - Cardio Hits is a high-volume strength and cardio class including timed circuit training with power, strength and cardio moves. This will be a fun workout while getting your heart pumping and body moving!
- **Dance Hits** - Formerly called Dance HIITs. Move like a dancer as you sweat and dance your way through this class, which involves high points of cardio as well as muscle toning and dancing throughout. This fun class will get you working those hips and moving and smiling through Clarissa's dance fitness choreography!
- **Dance Party** - Unleash your inner party animal with this dance class! Including Trin's original choreography to pop hit songs on the radio plus a choreographed strength routine every class.
- **HIIT** - High Intensity Interval Training (HIIT) is a training style in which you give your max effort to quick, intense bouts of exercise followed by a short active recovery. The idea is to increase the heart rate and strengthen each muscle group in the same class. We'll utilize body weight exercises, dumbbells, battle ropes, medicine balls and more!
- **Kickboxing** - If you like shadow-boxing and sweating to a fun choreographed workout, then this class has your name written all over it. Get a great workout in 45 or 60 minutes.
- **Pilates Core** - This class will help you improve core strength and balance. Pilates centers around injury prevention by exercising essential muscles and muscle groups that don't always get the TLC they need. If you are up for a unique and fun full body workout, come to Pilates Core!
- **POP Pilates** - POP Pilates is an incredible fusion of core strengthening and total body moves choreographed to top 40 hits. This intense, mat-based workout will challenge you to rhythmically flow from one exercise to the next, taking classical Pilates to the next level like you've never seen before.
- **Sculpt** - Anyone can come and work their entire body using our wide variety of strength equipment. This class never gets old, and your body will love what you are doing for it!
- **Strength & Core** - Formerly called Butts and Guts. Get in there and get a great total body workout. There's so much that you can do, including body weight exercises, cardio, dumbbells, steps, BOSU exercises and more. The workout is never the same twice, and you will definitely know what you're working.
- **Sunrise Bootcamp** - Early risers, unite! Sunrise bootcamp promises an hour of heart-pumping cardio, agility and strength moves that will get you ready for the rest of your day.
- **Sunrise Strength** - Start your day with feel-good strength gains! Sunrise Strength is an hour-long weight-lifting class full of a mix of workouts you can take with you and unique combinations to keep you guessing!
- **Tabata** - GET READY FOR INTENSITY!!!! Turn your body into a fat-burning super-engine with this ultra-effective, time-efficient workout. Intense, athletic, simple moves will push you to your max. You'll experience timed intervals where you work hard for 20 seconds with a 10-second rest. Let's do this!
- **Zumba®** - Everybody and every body! Each Zumba® class is designed to take the "work" out of your workout by mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

CYCLE CLASS DESCRIPTIONS

- **Cycle 30** - This fast-paced class on a stationary bike will get you an efficient workout in just 30 minutes. It's great for people new to cycling or those looking to turn up the intensity in a short amount of time.
- **Cycle 45** - Get ready for a combination of sprinting and climbing on a stationary bike to build strength and endurance for 45 minutes of cardio!
- **Cycle 30 & Upper/Lower Body Sculpt** - In this combination class, you'll ride on a stationary bike, challenging your cardiovascular fitness, then hop off and grab some weights to incorporate some strength training. It's a total body workout you won't want to miss!
- **Cycle 45 & Core** - This is your endurance and core workout! This class combines the climbs and sprints on a stationary bike from the typical Cycle 45 class with a 10-minute core workout.
- **Ride & Define** - Get ready to push! This stationary bike 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 and then end with some strengthening upper body and core exercises performed either on the bike or on a mat.

YOGA CLASS DESCRIPTIONS

- **Beginner Yoga** - Beginner Yoga is designed for those who are new to yoga. This class is based on the step-by-step building of poses toward a peak or goal. Each class will focus on breath awareness, connecting transitions through a unique asana sequence. Detailed cueing and modifications will be offered with beginners in mind.
- **Advanced Power Vinyasa** - Advanced Power Vinyasa is an energetic flow of postures. It is led by connection of breath and movement. It works to improve balance, strength and flexibility with advanced postures.
- **All Levels Flow** - This vinyasa/hatha based class focuses on the connection between breath and movement. It is accessible for any level of experience, and we work to build balance, strength and flexibility while including lots of options.
- **All Levels Hatha** - Hatha Yoga is a gentle approach suited for all levels, focusing on one pose at a time to allow presence and adaptation. Each class follows a basic order, moving through the main categories of movement (e.g. standing, balancing, backbends, twists, etc.), focusing on primary poses and adding variations each class to allow practitioners to find the forms that best fit their bodies.
- **Evening Meditation** - In evening meditation we explore different meditation techniques such as breath work, mindfulness concepts, mantra and yogic philosophy. This class is open to anyone regardless of previous experience with meditation.
- **Power Vinyasa** - Power Vinyasa is an energetic flow of postures. It is led by the connection of breath and movement. It works to improve balance, strength and flexibility.
- **Restorative/Yin** - With inspiration from both restorative and yin yoga practices, this class is a gentle, slow practice intended to allow you to find stillness, relaxation, and release. The support of props is used often, and poses may be held for a few breaths up to a few minutes. Open to all levels.
- **Slow Flow & Meditation** - Yoga as we know it in the western world was originally developed as a supplement to meditation. Slow Flow & Meditation blends slow flowing yoga Asana (physical postures) with a mindfulness Meditation practice. Expect to leave the class feeling relaxed, clear, and connected.
- **Slow Flow Restorative** - This class will begin with a warming and heart-opening slow practice allowing prana or energy to begin flowing in the body. The second half of the class will focus on yin poses held longer to stretch the connective tissues, helping you to relax into the deepest layers of the body.
- **Vinyasa** - Vinyasa means "to place in a special way." This class is based on the step-by-step building of poses toward a peak or goal. Each class will focus on breath awareness, connecting transitions through a unique asana sequence designed with a goal or a peak posture in mind. It is often described as a meditation in motion.

KEY

- Strength
- Core
- Cardio
- Dance
- Low-Impact
- High-Intensity
- Adaptable