

MSU Wellness Center - Group Fitness Classes



“RIP”

Group Barbell Class

The **RIP** program uses exercises from traditional strength training and matches movement to music to create a simple, Fun and effective way to strength train!

Cycle

Instructor will lead you thru climbs, sprints, racing, rolling hills, intervals, all designed to get you the maximum calorie burn! Motivating fun music – challenges and builds your endurance!



POWER STEP

60 Minute Step program designed to push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. Power Step strengthens the heart, improves coordination and tones the lower body with every step you take!

Cycle Circuit

Circuit format. Participants will be on the cycle for 5-10 minute drills – then off the cycle for 5 minute dynamic strength .
Good class choice for those wanting the mix of on and off the cycle!

Step Circuit

Participants will learn a the basic step moves – focusing on form and learning options. Format will be 5 minutes on step and 5 minutes dynamic strength – using variety of equipment for full body workout!

Cycle Xpress

30 minute class. Time will fly by as we pedal thru intervals and drills. This is an excellent class choice for members wanting to cross train and add to their current workout. Everyone can get what they need from this format!

Group Strength

This Instructor led strength class that will use dumbbells, body bars, resistance tubing, balls , benches and mats to give you a dynamic total body workout.

Yoga Flow

Strength and relaxation mix with our focus on movement, position and breath. We will flow thru basic Yoga poses, standing, seated and lying. Mats and Yoga blocks are available.

CORE Strength

30 minute class. Instructor will lead you thru a sequence of exercises -using variety of equipment – focusing on your CORE – (abdominals – back – shoulders and hip stabilizers)! Intensity levels and options will be shown. Participants will be encouraged to find their starting strength point and progress with proper form.

All Group Fitness Classes are included in your monthly membership!

Don't wait – Start today!