

September 2014

MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Labor Day No Classes	2 5:45am Cardio Circuit 6:35am Cycle Xpress	3 5:45am RIP 6:35am CORE Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	4 5:45am Cycle Circuit 5:30pm RIP 6:30pm YOGA Flow	5 5:45am RIP 6:35am Cycle Xpress	6
7	8 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	9 5:45am Cardio Circuit 6:35am Cycle Xpress	10 5:45am RIP 6:35am CORE Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	11 5:45am Cycle Circuit 5:30pm RIP 6:30pm YOGA Flow	12 5:45am RIP 6:35am Cycle Xpress	13
14	15 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	16 5:45am Cardio Circuit 6:35am Cycle Xpress	17 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	18 5:45am Cycle Circuit 5:30pm RIP 6:30pm Yoga Flow	19 5:45am RIP 6:35am Cycle Xpress	20
21	22 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	23 5:45am Cardio Circuit 6:35am Cycle Xpress	24 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	25 5:45am Cycle Circuit 5:30pm RIP 6:30pm Yoga Flow	26 5:45am RIP 6:35am Cycle Xpress	27
28	29 5:45am RIP 6:35am Core Strength 4:30pm Cardio Circuit 5:30pm Cycle Xpress	30 5:45am RIP 6:35am Cycle Xpress				

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Group Fitness Class Descriptions

“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! This class is appropriate for all fitness levels!	Cycle Circuit Participants will be on the cycle for 5-10 minute drills – then off the cycle for 5 minute dynamic strength exercises., HIIT and/or Tabata drills. Good class to get the mix of cycle and strength! This class is similar format to our Cardio Circuit class - but we use the cycle for the cardio portion 😊
Cardio Circuit Format is set to be 2-5 minutes of dynamic strength – using variety of equipment – 2-5 minutes of cardio using Bench, Bosu or just your body (lunges/squats) for full body workout! This class may include HIIT (high intensity interval training) drills.	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. Members control their own pace and resistance!
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.	Yoga Flow Strength and relaxation – finding connection 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.