

# September 2015

## MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength  9:00am Cycle Circuit  4:45pm Core Strength 5:30pm Cycle Circuit	<b>2</b> 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm RIP 5:30pm Cycle Xpress	<b>3</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 9:00am Cycle Circuit 12:00noon Zumba  4:45pm Cycle Xpress 5:30pm Cycle Xpress	<b>4</b> 5:30am RIP 6:15am RIP 7:00am AXIS	<b>5</b>
<b>6</b>	<b>7 *Labor Day*</b>  5:30am RIP 6:15am RIP 7:00am Core Strength	<b>8</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress 9:00am Cycle Circuit  4:45pm Core Strength 5:30pm Cycle Circuit	<b>9</b> 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm RIP 5:30pm Cycle Xpress	<b>10</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength  12:00noon Zumba  4:45pm Cycle Xpress 5:30pm Cycle Xpress	<b>11</b> 5:30am RIP 6:15am RIP 7:00am AXIS	<b>12</b>
<b>13</b>	<b>14</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm PiYo 5:30pm Zumba	<b>15</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress 9:00am Cycle Circuit  4:45pm Core Strength 5:30pm Cycle Circuit	<b>16</b> 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm RIP 5:30pm Cycle Xpress	<b>17</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 9:00am Cycle Circuit  12:00noon Zumba 4:45pm Cycle Xpress 5:30pm Cycle Xpress-	<b>18</b> 5:30am RIP 6:15am RIP 7:00am AXIS	<b>19</b>
<b>20</b>	<b>21</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm PiYo 5:30pm Zumba	<b>22</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress 9:00am Cycle Circuit  4:45pm Core Strength 5:30pm Cycle Circuit	<b>23</b> 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 8:30am Water Exercise  4:30pm Water Exercise 4:45pm RIP 5:30pm Cycle Xpress	<b>24</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 9:00am Cycle Circuit 12:00noon Zumba  4:45pm Cycle Xpress 5:30pm Cycle Xpress	<b>25</b> 5:30am RIP 6:15am RIP 7:00am AXIS	<b>26</b>
<b>27</b>	<b>28</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm PiYo 5:30pm Zumba	<b>29</b> 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress 9:00am Cycle Circuit  4:45pm Core Strength 5:30pm Cycle Circuit	<b>30</b> 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 8:30am Water Exercise  4:30pm Water Exercise 4:45pm RIP 5:30pm Cycle Xpress	<div>Group Fitness Classes are included in your membership!</div>		

# MSU Wellness Center Group Fitness Class Descriptions

## **\* Pre -Choreographed Classes**

These classes are where Instructors follow a pre-choreographed format. Safety is the foundation for every exercise, movement pattern, cycle or interval of work, speed of training, number of repetitions, duration of work to rest, and more. Music is formatted to help members exceed their fitness goals and motivate us all to work out longer, harder and have a lot more fun doing it! These classes follow a predictable pattern that members can learn, connect to what they are feeling, work on their form and focus on the connection that we all need to have to make the changes we want!

### **\* "RIP" Group Barbell Class**

Strength Class using barbell and plates. High repetitions, changing angles & tempo, head to toe we will work it all! RIP is fun and effective because it is set to music in a professionally set routine – thoroughly tested and approved by Group Rx. We have a new release quarterly – new music & new moves = RESULTS!

### **\* ZUMBA**

Dance to great music, with great people, and burn a ton of calories without even realizing it. Perfect for Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

### **\* AXIS Core Strength**

NEW FORMAT! Power to the CORE! 30 Minute class – focusing on your foundation - the Core! AXIS creates stability from the Axis, or the middle of your body, the basis of all movement, then layers on mobility, strength and power. Lots of athletic movement!

### **\* PiYo Strength**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. PiYo speeds things up by introducing dynamic, flowing sequences that burn serious calories at the same time they tone your muscles and increase your flexibility! Great for all ages, and body types!

## **\*\*Free Style Classes**

These classes allow the instructor to use their individual skills and style to put their class together. The flow of the class will always follow same basic format with specific exercises are chosen by the instructor. Our goal is to show our members options for each exercise – finding a starting point and progressing. In the free style classes instructors use a variety of equipment and fun music to motivate and challenge our members. We know that keeping variety in your workout is an important part of progress – these classes make that possible!

### **\*\* Cycle Circuit & Cycle Circuit/RIP**

5 minutes on the bike – 5 minutes off the bike 😊 On the bike we will do a variety of drills incorporating resistance and RPM changes. Off the bike we will focus on dynamic strength exercises using a variety of equipment.  
*\*RIP Cycle Circuit will be Barbell RIP upper body strength on the "off" songs.*

### **\*\* Cardio Tabata Circuit**

Circuit training will help you burn calories and build endurance. Each Tabata set involves alternating high intensity (anaerobic) exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show levels of intensity for all participants from beginner to advanced. Each class will include a dynamic warm up, 4-5 Tabata sets, strength work and cool down!

### **\*\* CORE Strength**

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

### **\*\* Cycle Xpress**

30 minute cycle class. All on the bike 😊 Instructor will lead you in a warm up – followed by a variety of drills on your bike, changing resistance and RPM. Rolling and steep climbing hills – flat racing – sprints – and much more. The ride will fly by! Bring a water bottle and towel!

# September 2015

## MSU Wellness Center Group Fitness Class Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5:30am	RIP Barbell Strength	Cardio Tabata Circuit	Cycle Circuit/RIP	Cardio Tabata Circuit	RIP Barbell Strength
6:15am	RIP Barbell Strength	PiYo	Cycle Circuit/RIP	PiYo	RIP Barbell Strength
7:00am	Core Strength	Cycle Xpress	Core Strength		AXIS
8:30am	Water Exercise		Water Exercise		
9:00am		Cycle Circuit		Cycle Circuit	
Noon				Zumba	
4:30pm	Water Exercise		Water Exercise		
4:45pm	PiYo	Core Strength	RIP Barbell Strength	Cycle Xpress	
5:30pm	Zumba	Cycle Circuit	Cycle Xpress	Cycle Xpress	

Classes are included in your membership – Beginners WELCOME!

Call 788-5200 for more information!

Detailed schedule with descriptions available on-line or at Wellness Center Front Desk