January 2016

MSU WELLNESS CENTER GROUP FITNESS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 HAPPY NEW YEAR	2 7:00am Step 7:45am Axis
3	4 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm PiYo 5:45pm RIP 6:30pm Cycle Xpress 7:00pm Yoga	5 5:30am Cardio Tabata Circuit 6:15am PIYo 4:45pm Cycle Circuit 5:45pm PiYo 6:30pm Cycle Xpress	6 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Core Strength 4:45pm RIP 5:45pm Cycle Xpress 6:30pm Axis 7:00pm Yoga	7 5:30am Cardio Tabata Circuit 6: 15am Cardio Tabata Circuit 4:45pm Cycle Circuit 5:45pm Cardio Tabata Circuit 6:30pm Cycle Xpress	8 5:30am RIP 6:15am RIP 7:00am Core Strength	9 7:00am Step 7:45am Axis
10	11 5:30am RIP 6:15am RIP 7:00am Core Strength 4:30pm Water Exercise 4:45pm PiYo D5:45pm RIP 6:30pm Cycle Xpress 7:00pm Yoga	12 5:30am Cardio Tabata Circuit 6:15am PIYo 4:45pm Cycle Circuit 5:45pm PiYo 6:30pm Cycle Xpress	13 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 5:45pm Cycle Xpress 6:30pm Axis 7:00pm Yoga	14 5:30am Cardio Tabata Circuit 6:15am Cardio Tabata Circuit 4:45pm Cycle Circuit 5:45pm Cardio Tabata Circuit 6:30pm Cycle Xpress	15 5:30am RIP 6:15am RIP 7:00am Core Strength	16 7:00am Step 7:45am Axis
17	18 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm PiYo 5:45pm RIP 6:30pm Cycle Xpress 7:00pm Yoga	19 5:30am Cardio Tabata Circuit 6:15am PIYo 4:45pm Cycle Circuit 5:45pm PiYo 6:30pm Cycle Xpress	20 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 5:45pm Cycle Xpress 6:30pm Axis 7:00pm Yoga	21 5:30am Cardio Tabata Circuit 6:15am Cardio Tabata Circuit 4:45pm Cycle Circuit 5:45pm Cardio Tabata Circuit 6:30pm Cycle Xpress	22 5:30am RIP 6:15am RIP 7:00am Core Strength	23 7:00am Step 7:45am Axis
24	25 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise 4:30pm Water Exercise 4:45pm PiYo 5:45pm RIP 6:30pm Cycle Xpress 7:00pm Yoga	26 5:30am Cardio Tabata Circuit 6:15am PIYo 4:45pm Cycle Circuit 5:45pm PiYo 6:30pm Cycle Xpress	27 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 5:45pm Cycle Xpress 6:30pm Axis 7:00pm Yoga	28 5:30am Cardio Tabata Circuit 6:15am Cardio Tabata Circuit 4:45pm Cycle Circuit 5:45pm Cardio Tabata Circuit 6:30pm Cycle Xpress	29 5:30am RIP	30 7:00am Step

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!

**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!

* "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!

** 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.*

* 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!

** 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!

* 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!

** 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.

* 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!

** 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!

JANUARY 2016

MSU Wellness Center Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	RIP	Cardio Tabata Circuit	Cycle Circuit/RIP	Cardio Tabata Circuit	RIP	
6:15am	RIP	PiYo	Cycle Circuit/RIP	Cardio Tabata Circuit	RIP	
7:00am	Core Strength		Core Strength		Core Strength	Step
7:45am						AXIS
8:30am	Water Exercise		Water Exercise			
4:30pm	Water Exercise		Water Exercise			
4:45pm	PiYo	Cycle Circuit	RIP	Cycle Circuit		
5:45pm	RIP	PiYo	Cycle Xpress	Cardio Tabata Circuit		
6:30pm	Cycle Xpress	Cycle Xpress	AXIS	Cycle Xpress		
7:00pm	Yoga Flow		Yoga Flow			

Classes are included in your membership – Beginners WELCOME!

Call 788-5200 for more information!

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