August 2016

MSU WELLNESS CENTER
GROUP FITNESS SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 5:30am RIP 9:00am Cycle Xpress	2 5:30am Step 6:15am Cardio Tabata	3 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP	4 5:30am Cardio Tabata 6:15am PiYo 9:00am Cycle Circuit	5 5:30am RIP 6:15am RIP 7:00am Core Strength	6
7	8 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Xpress	9 5:30am Step 6:15am Cardio Tabata	10 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7::00am Yoga Flow	11 5:30am Cardio Tabata 6:15am PiYo 9:00am Cycle Circuit	12 5:30am RIP 6:15am RIP	13
14	15 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Xpress	16 5:30am Step 6:15am Cardio Tabata	17 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Yoga Flow	18 5:30am Cardio Tabata 6:15am PiYo 9:00am Cycle Circuit	19 5:30am RIP 6:15am RIP 7:00am Core Strength	20
21	22 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Xpress	23 5:30am Step 6:15am Cardio Tabata	24 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Yoga Flow	25 5:30am Cardio Tabata 6:15am PiYo 9:00am Cycle Circuit	26 5:30am RIP 6:15am RIP 7:00am Core Strength	27
28	29 5:30am RIP 6:15am RIP 7:00a Core Strength 9:00am - Cycle Xpress	30 5:30am Step 6:15am Cardio Tabata	31 5:30am Cycle Circuit/ RIP 6:15am Cycle Circuit/RIP 7:00am Yoga Flow			

Group Fitness Class Descriptions

RIP (Group Barbell Strength) **Strength format using barbell and plates. High repetitions, changing angles and tempo, head to toe, we will work it all! RIP is set to fun motivating music in a professionally set routine – thoroughly tested and approved by Group RX. New release quarterly -new music with new moves = Results!**	**Cycle Circuit * Cycle Circuit/RIP** **Format is 5 minutes on the cycle / 5 min off. On the cycle we will do a variety of drills incorporating resistance and RPM changes. Off the bike focus on dynamic strength exercises using a variety of equipment.** *** RIP Circuit will be Barbell RIP on the off the bike songs**
STEP **Step onto, over and around the step platform that has adjustable risers. Great Cardio workout- burning immediate calories. You can expect to feel strong legs and glutes and a functionally fit core! Fun music and energy in this class!**	**Cardio Tabata Circuit** **Circuit training will help you burn calories and build endurance. Each tabata set will involve alternating high intensity exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show intensity options. There will be a warmup and cool down stretch.**
AXIS **Power to the CORE! 30 minute class – focusing on your foundation – the core! AXIS creates stability from 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 members thru a sequences of exercises using a *variety of equipment*. Focus will be on our core (abdominals – back – shoulders and hip stabilizers). Instructor will encourage members to find their starting point and progress with proper form.**
PiYo **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 toning your muscles and increasing flexibility!**	**Cycle Xpress** **30 minute Cycle class. Instructor will lead members 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 and burn serious calories. Bring water and a towel!**