

November 2016 *MSU WELLNESS CENTER GROUP FITNESS SCHEDULE*

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 5:30am Step 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	2 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata	3 5:30am Cardio Tabata 6:15am PiYo 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	4 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	5
6	7 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	8 5:30am Step 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	9 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata	10 5:30am Cardio Tabata 6:15am PiYo 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	11 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	12
13	14 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	15 5:30am Step 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	16 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata	17 5:30am Cardio Tabata 6:15am PiYo 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba 6:15pm RIP 7:00pm Yoga Flow	18 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	19
20	21 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	22 5:30am Step 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	23 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata	24 No Classes Happy Thanksgiving	25 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	26
27	28 5:30am RIP 6:15am RIP 7:00am Core Strength 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	29 5:30am Step 6:15am Cardio Tabata 4:30pm Cycle Xpress 5:00pm Core Strength 5:45pm Zumba	30 5:30am RIP Lower 6:15am RIP Lower 7:00am Yoga Flow 4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm Cardio Tabata			

Group Fitness Class Descriptions

<p>RIP</p> <p>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!</p>	<p>STEP</p> <p>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!</p>
<p>RIP – Lower Body focus</p> <p>Our goal in this class is to activate and then add weight . RIP squats, lunges, core songs mixed with freestyle – dynamic strength exercises using bands, balls, discs & bodyweight. Expect to feel the connection (mind to body/muscles) and feel and see the changes!</p>	<p>Cardio Tabata Circuit</p> <p>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.</p>
<p>Step/RIP</p> <p>Mix it up! Get your cardio going using the Step alternating with strength using the RIP barbell & plates. Get the benefits of both all in one class!</p>	<p>Core Strength</p> <p>30 minute class. Instructor will lead members thru a sequences of exercises using a <u>variety of equipment</u>. 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.</p>
<p>PiYo</p> <p>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!</p>	<p>Cycle Xpress</p> <p>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!</p>