

June 2013

MSU Wellness Center Group Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 5:45am Cardio Mix 6:30am Group Strength	18 5:45am RIP Strength 6:30am Cycle Circuit	19 5:45am PIYO—Kim	20 5:45am Strength-Anita	21 5:45am Strength-Anita	22
23	24 5:45am Cardio Mix 6:30am Group Strength	25 5:45am RIP Strength 6:30am Cycle Circuit	26 5:45am Cycle Circuit 6:30am PiYo	27 5:45am Group Strength 6:30am Cycle Circuit	28 5:45am RIP Strength	29
30	<u>Cardio Mix:</u> Move for 45 min—expect to be on the Step—may also use Bosu, Kickboxing & Intervals.	<u>PiYo:</u> Barefoot and on the mat. Full body functional strength training inspired by Pilates and Yoga.	<u>Cycle Circuit:</u> Circuit format—drills on the cycle mixed with tabata intervals and/or strength segments.	<u>RIP:</u> Barbell group strength format. Traditional strength training movements set to fun music.	<u>Group Strength:</u> Focus on lower body and Core. Use bands, balls, dumbbells, discs, dynamic and isometric mix!	

Updated June Schedule