JUNE 2014

MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 5:45am Step Circuit 6:35am Core Strength 7:05am Cycle Xpress	3 5:45am RIP 6:35am Cycle Xpress	4 5:45am Cycle Circuit 6:35am Core Strength 7:05am Cycle Xpress	5 5:45am RIP 6:35am Yoga Flow	6 5:45am Step Circuit 6:35am Cycle Xpress	7
8	9 5:45am Step Circuit 6:35am Core Strength 7:05am Cycle Xpress	10 5:45am RIP 6:35am Cycle Xpress	11 5:45am Cycle Circuit 6:35am Core Strength 7:05am Cycle Xpress	12 5:45am RIP 6:35am Yoga Flow	13 5:45am Step Circuit 6:35am Cycle Xpress	14
15	16 5:45am Step Circuit 6:35am Core Strength 7:05am Cycle Xpress	17 5:45am RIP 6:35am Cycle Xpress	18 5:45am Cycle Circuit 6:35am Core Strength 7:05am Cycle Xpress	19 5:45am RIP 6:35am Yoga Flow	20 5:45am Step Circuit 6:35am Cycle Xpress	21
22	23 5:45am Step Circuit 6:35am Core Strength 7:05am Cycle Xpress	24 5:45am RIP 6:35am Cycle Xpress	25 5:45am Cycle Circuit 6:35am Core Strength 7:05am Cycle Xpress	26 5:45am RIP 6:35am Yoga Flow	27 5:45am Step Circuit 6:35am Cycle Xpress	28
29	30 5:45am Step Circuit 6:35am Core Strength 7:05am Cycle Xpress					

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Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45am	Step Circuit	RIP Barbell Strength	Cycle Circuit	Rip Barbell Strength	Step Circuit
6:35am	Core Strength	Cycle Xpress	Core Strength	Yoga Flow	Cycle Xpress
7:05am	Cycle Xpress		Cycle Xpress		

"RIP" Group Barbell Class **The RIP program uses exercises from traditional strength training and matches movement to music to create a simple, Fun and effective way to strength train!**	**Cycle Circuit** Circuit format. Participants will be on the cycle for 5-10 minute drills – then off the cycle for 5 minute dynamic strength . Good class choice for those wanting the mix of on and off the cycle!
Step Circuit Participants will learn a the basic step moves – focusing on form and learning options. Format will be 5 minutes on step and 5 minutes dynamic strength – using variety of equipment for full body workout!	***Cycle Xpress*** 30 minute class. Time will fly by as we pedal thru intervals and drills. This is an excellent class choice for members wanting to cross train and add to their current workout. Everyone can get what they need from this format!
CORE Strength 30 minute class. Instructor will lead you thru a sequence of exercises -using variety of equipment – focusing on your CORE – (abdominals – back – shoulders and hip stabilizers)! Intensity levels and options will be shown. Participants will be encouraged to find their starting strength point and progress with proper form.	***Yoga Flow*** Strength and relaxation mix with our focus on movement, position and breath. We will flow thru basic Yoga poses, standing, seated and lying. Mats and Yoga blocks are available.