

# March 2015

## MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	<b>2</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool)  4:30pm Water Exercise (pool) 4:45 pm Cycle Circuit 5:30pm ZUMBA (WC Gym)	<b>3</b> 5:45am Cardio Circuit   4:45pm RIP 5:45pm Cycle Xpress 6:30pm Yoga Flow	<b>4</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool)  4:30pm Water Exercise (pool) 4:45pm Cycle Xpress	<b>5</b> 5:45am Cardio Circuit   5:30pm ZUMBA (WC Gym)	<b>6</b> No Classes	<b>7</b>
8	<b>9</b>  8:30am Water Exercise (pool)  4:30pm Water Exercise (pool) 5:30pm ZUMBA (WC Gym)	<b>10</b> 5:45am Cardio Circuit   4:45pm RIP 5:45pm Cycle Xpress 6:30pm Yoga Flow	<b>11</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool) 4:30pm Water Exercise (pool) 4:45pm Cycle Xpress	<b>12</b> 5:45am Cardio Circuit   4:45pm Core Strength 5:30pm ZUMBA (WC Gym) 5:30pm Cycle Circuit 6:30pm Yoga Flow	<b>13</b> 5:30am RIP 6:15am RIP	<b>14</b>  7:00am Cycle Circuit
15	<b>16</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45 pm Cycle Circuit 5:30pm ZUMBA (WC Gym)	<b>17</b> 5:45am Cardio Circuit   4:45pm RIP 5:45pm Cycle Xpress 6:30pm Yoga Flow	<b>18</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Cycle Xpress	<b>19</b> 5:45am Cardio Circuit   4:45pm Core Strength 5:30pm ZUMBA (WC Gym) 5:30pm Cycle Circuit 6:30pm Yoga Flow	<b>20</b> 5:30am RIP 6:15am RIP	<b>21</b>  7:00am Cycle Circuit
22	<b>23</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool) 4:30pm Water Exercise (pool) 4:45pm Cycle Circuit 5:30pm ZUMBA (WC Gym)	<b>24</b> 5:45am Cardio Circuit   4:45pm RIP 5:45pm Cycle Xpress 6:30pm Yoga Flow	<b>25</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool) 4:30pm Water Exercise (pool) 4:45pm Cycle Xpress	<b>26</b> 5:45am Cardio Circuit   4:45pm Core Strength 5:30pm ZUMBA (WC Gym) 5:30pm Cycle Circuit 6:30pm Yoga Flow	<b>27</b> 5:30am RIP 6:15am RIP	<b>28</b>  7:00am Cycle Circuit
29	<b>30</b> 5:30am RIP 6:15am RIP 7:00am Core Strength 8:30am Water Exercise (pool) 4:30pm Water Exercise (pool) 4:45pm Cycle Circuit 5:30pm ZUMBA (WC Gym)	<b>31</b> 5:45am Cardio Circuit   4:45pm RIP 5:45pm Cycle Xpress 6:30pm Yoga Flow				

# MSU Wellness Center

## Group Fitness Class Descriptions

<p><b>“RIP” Group Barbell Class</b></p> <p>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! This class is appropriate for all fitness levels!</p>	<p><b>ZUMBA</b></p> <p>Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. Perfect for <u>Everybody</u> and every body! Each Zumba® class is designed to bring people together to sweat it on.</p> <p>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</p>
<p><b>Cardio or Cycle Circuit</b></p> <p>Format is set to be 2-5 minutes of dynamic strength – using variety of equipment – 2-5 minutes of cardio using Bench, Bosu, BIKES or just your body (lunges/squats) for full body workout! This class may include HIIT (high intensity interval training) drills.</p>	<p><b><i>Cycle Xpress</i></b></p> <p>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. Members control their own pace and resistance!</p>
<p><b>CORE Strength</b></p> <p>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.</p>	<p><b><i>Yoga Flow</i></b></p> <p>Strength and relaxation – finding connection 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.</p>