

MAY 2015

MSU Wellness Center Group Fitness Classes

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

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Group Fitness Class Descriptions

“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! This class is appropriate for all fitness levels!	ZUMBA 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. 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
Cycle Circuit Format will be 5 minutes on the bike – 5 minutes off the bike ☺ On the bike we will do a variety of drills incorporating resistance and RPM changes. Off the bike we will focus on dynamic strength exercises using a variety of equipment.	<i>Cardio Tabata Circuit</i> Tabata training will help you burn calories and build endurance. Each Tabata set involves alternating high intensity (anaerobic) exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show levels of intensity for all participants from beginner to advanced. Each class will include a dynamic 10 min warm up, 4-5 Tabata sets, core work and cool down! (45 min class)
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.	<i>PiYo Strength</i> 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 they tone your muscles and increase your flexibility! Great for all ages, and body types! (45 min class)