

July 2015

MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div> NEW CLASS TIME 9:00am Mon & Wed <i>Cycle Circuit & Zumba are Back!</i> </div>		1 5:30am RIP 6:15am RIP 7:00am Core Strength	2 5:30am Cycle Circuit 6:15am PiYo Strength	3 5:30am RIP 6:15am RIP	4
5	6 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Circuit	7 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress	8 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am ZUMBA	9 5:30am Cycle Circuit 6:15am PiYo Strength	10 5:30am RIP 6:15am RIP 7:00am AXIS	11
12	13 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Circuit	14 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress	15 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am ZUMBA	16 5:30am Cycle Circuit 6:15am PiYo Strength	17 5:30am RIP 6:15am RIP 7:00am AXIS	18
19	20 5:30am RIP 6:15am RIP	21 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress	22 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am ZUMBA	23 5:30am Cycle Circuit 6:15am PiYo Strength	24 5:30am RIP 6:15am RIP 7:00am AXIS	25
26	27 5:30am RIP 6:15am RIP 7:00am Core Strength 9:00am Cycle Circuit	28 5:30am Cardio Tabata Circuit 6:15am PiYo Strength 7:00am Cycle Xpress	29 5:30am RIP 6:15am RIP 7:00am Core Strength	30 5:30am Cycle Circuit 6:15am PiYo Strength	31 5:30am RIP 6:15am RIP 7:00am AXIS	

Group Fitness Classes are included in your membership! Call 788-5200 for more information!

MSU Wellness Center

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 Everybody 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.

Cardio Tabata Circuit

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 – focus on Core– (abdominals – back – shoulders and hip stabilizers)! **Great for beginners!** Intensity levels and options will be shown. Participants will be encouraged to find their starting strength point and progress with proper form.

AXIS Core Strength

NEW FORMAT! Power to the CORE! 30 Minute class – focusing on your foundation - the Core! AXIS creates stability from the Axis, or the middle of your body, the basis of all movement, then layers on mobility, strength and power. Lots of movement!

PiYo Strength

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)