

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 5:30am RIP 6:15am RIP 7:00am Core Strength  5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	3 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	4 5:30am Boot Camp 6:15am RIP Lower 7:00am Yoga Flow  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	5 5:30am Cardio Tabata 6:15am PiYo  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba in Gym 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	6 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	7 7:00am Boot Camp 8:15am Beginners Basics
8	9 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	10 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	11 5:30am Boot Camp 6:15am RIP Lower 7:00am Yoga Flow  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	12 5:30am Cardio Tabata 6:15am PiYo  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba in Gym 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	13 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	14 7:00am Boot Camp 8:15am Beginners Basics
15	16 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	17 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	18 5:30am Boot Camp 6:15am RIP Lower 7:00am Yoga Flow  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	19 5:30am Cardio Tabata 6:15am PiYo  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba in Gym 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	20 5:30am Step/RIP 6:15am Step/RIP	21 7:00am Boot Camp 8:15am Beginners Basics
22	23 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	24 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	25 5:30am Boot Camp 6:15am RIP Lower 7:00am Yoga Flow  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cardio Tabata	26 5:30am Cardio Tabata 6:15am PiYo  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba in Gym 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	27 5:30am Step/RIP 6:15am Step/RIP 7:00am Core Strength	28 7:00am Boot Camp 8:15am Beginners Basics
29	30 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	31 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	<div>January 2017</div> <div>MSU WELLNESS CENTER GROUP FITNESS SCHEDULE</div>			

# Group Fitness Class Descriptions

<p><b>RIP</b></p> <p>Strength format using barbell and plates. High repetitions, changing angles and tempo, head to toe, we will work it all! RIP is set to fun motivating music in a professionally set routine – thoroughly tested and approved by Group RX. New release quarterly -new music with new moves = Results!</p>	<p><b>STEP</b></p> <p>Step onto, over and around the step platform that has adjustable risers. Great Cardio workout- burning immediate calories. You can expect to feel strong legs and glutes and a functionally fit core! Fun music and energy in this class!</p>
<p><b>RIP – Lower Body focus</b></p> <p>Our goal in this class is to activate and then add weight . RIP squats, lunges, core songs mixed with freestyle – dynamic strength exercises using bands, balls, discs &amp; bodyweight. Expect to feel the connection (mind to body/muscles) and feel and see the changes!</p>	<p><b>Cardio Tabata Circuit</b></p> <p>Circuit training will help you burn calories and build endurance. Each tabata set will involve alternating high intensity exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show intensity options. There will be a warmup and cool down stretch.</p>
<p><b>Step/RIP</b></p> <p>Mix it up! Get your cardio going using the Step alternating with strength using the RIP barbell &amp; plates. Get the benefits of both all in one class!</p>	<p><b>Core Strength</b></p> <p>30 minute class. Instructor will lead members thru a sequences of exercises using a <u>variety of equipment</u>. Focus will be on our core (abdominals – back – shoulders and hip stabilizers). Instructor will encourage members to find their starting point and progress with proper form.</p>
<p><b>PiYo</b></p> <p>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 toning your muscles and increasing flexibility!</p>	<p><b>Cycle Xpress</b></p> <p>30 minute Cycle class. Instructor will lead members in a warm-up – followed by a variety of drills on your bike, changing resistance and RPM. Rolling and steep climbing hills – flat racing – sprints –and much more! The ride will fly by and burn serious calories. Bring water and a towel!</p>

# New Classes in January

## ***MSU Wellness Center Group Fitness***

### **Beginner's Basics**

New Class for Beginners and its FREE!

**8:15am-9:15am**

***Every Saturday in January***

- **Jan 7<sup>th</sup>      Yoga Flow & RIP Barbell Strength**
- **Jan 14<sup>th</sup>     Zumba & Cardio Tabata**
- **Jan 21<sup>st</sup>     PiYo & Step**
- **Jan 28<sup>th</sup>     Core Strength & Cycle Xpress**
- **\*Water Exercise Basics \* 9:30am\*Jan 28<sup>th</sup> \* MSU Pool**
- If you have ever wanted to try a group fitness class now is your chance! And it is FREE! Our New Beginner's Basics Class will give you an overview of each class. Instructor will show you examples of exercises done in each class - help you with proper form and technique, explain the specific format and give you a short workout! Bring a friend and try one or all of the classes!
- No experience required!

## ***MSU Wellness Center Group Fitness***

### **Boot Camp Class**

**Wednesday Mornings - 5:30am**

**Saturday Mornings – 7:00am**

***New Class for all Wellness Center members***

- Circuit Style – using Gym and Aerobics Room
- Strength and Flexibility Training
- Cardio Intervals
- Agility/Mobility Challenges