

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	January 2020 MSU WELLNESS CENTER GROUP FITNESS SCHEDULE		1 Happy New Year NO CLASSES	2 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D	3 5:30am Step L 6:15am Zumba KP 8:45am Cardio/Core N 12:15pm Barbell Strength N	4
5	6 5:30am Step H 6:15am Power Yoga N 8:45am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba A 6:30pm Cycle L	7 5:30am Step Circuit N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	8 5:30am Power Yoga L 6:15am Cardio Tabata K 8:45am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	9 5:30am Cardio Tabata 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	10 5:30am Step L 6:15am Zumba KP 8:45am Cardio/Core N 12:15pm Barbell Strength N	11
12	13 5:30am Step N 6:15am Power Yoga N 8:45am Cardio/Bands/Yoga N 4:45pm Water Exercise J 5:45pm Zumba A 6:30pm Cycle L	14 5:30am Step Circuit N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	15 5:30am Power Yoga L 6:15am Cardio Tabata K 8:45am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle D 4:45pm Water Exercise J 5:45pm Zumba KP	16 5:30am Cardio Tabata 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	17 5:30am Step L 6:15am Zumba KP 8:45am Cardio/Core N 12:15pm Barbell Strength N	18
19	20 5:30am Step H 6:15am Power Yoga N 8:45am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba A 6:30pm Cycle L	21 5:30am Step Circuit N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	22 5:30am Power Yoga L 6:15am Cardio Tabata K 8:45am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	23 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	24 5:30am Step L 6:15am Zumba KP 8:45am Cardio/Core N 12:15pm Barbell Strength N	25
26	27 5:30am Step H 6:15am Power Yoga N 8:45am Cardio/Bands/Yoga N 12:15pm Core Strength N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba A 6:30pm Cycle L	28 5:30am Step Circuit N 6:15am Barbell Strength N 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	29 5:30am Power Yoga L 6:15am Cardio Tabata K 8:45am Barbell Strength N 12:15pm Yoga N 4:30pm Cycle H 4:45pm Water Exercise J 5:45pm Zumba KP	30 5:30am Cardio Tabata H 6:15am Cycle Circuit K 8:30am Zumba Lite A 9:45am Water Exercise J 12:15pm Cycle K 4:30pm Cycle D 5:00pm PiYo Strength D 5:45pm Cycle/Core N	31 5:30am Step L 6:15am Zumba KP 8:45am Cardio/Core N 12:15pm Barbell Strength N	

Group Fitness Class Descriptions

<p>Barbell Strength</p> <p>Instructor will use barbells – hand weights – bands and benches teach proper form and give options to work you in a balanced format to build strength head to toe!</p>	<p>Zumba</p> <p>Zumba is a Latin inspired, dance fitness class. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic approach to achieve a blended balance of cardio and muscle toning benefits.</p>
<p>Cardio</p> <p>Cardio workouts- burn immediate calories. You can expect to feel strong legs and glutes and a functionally fit core! Fun music and energy in this class! Use benches – bosu – bikes – hi/lo conditioning!</p>	<p>Cardio Tabata</p> <p>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.</p>
<p>Water Exercise</p> <p>Water Exercise uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities. This 60 minute class offers a full body, low impact workout, using equipment to increase resistance and, in turn, benefits.</p>	<p>Step</p> <p>Cardio/lower body strength workout – using the bench. Instructor will keep class moving with variety of movements on and off the step. Options and levels of intensity given. Class with end with Core strength and stretching!</p>
<p>PiYo</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! Instructor may also add use of bands for strength sections of class.</p>	<p>Open Cycle</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> <p>Cycle/Core – 30 min Cycle as above – followed by 15 min core strength.</p>
<p>Yoga</p> <p>Flowing Yoga poses and postures. Working on connection of movement with your breath. Challenge your strength and balance while you also relax and improve your flexibility.</p> <p>Power Yoga</p> <p>Experience both foundational postures and flows that will strengthen your body. Expect a rigorous, faster paced practice.</p>	<p>Cycle Circuit</p> <p>Circuit format on and off the cycle. Alternating cycle song with strength (off the bike) song using variety of equipment. Class flies by and if you are new to group fitness – this is a good class to work on a little bit of everything! You can push the intensity on the bike and expect to balance your workout with great strength exercises off the bike!</p>