**FITNESS SCHEDULE**  
**SPRING 2019**  
January 14 - April 24

**MONDAY**
- **12:15-12:45p**  
  - **Buns & Guns**  
    - Joanna
  - **Yin Yoga**  
    - Kala
- **5:00-6:00p**  
  - **R.I.P.P.E.D®**  
    - Jennifer
- **6:15-7:15p**  
  - **WERQ®**  
    - Sonya
  - **POP Pilates®**  
    - Alex
- **7:15-8:00p**  
  - **CycleFit**  
    - Wendy
- **7:15-8:15p**  
  - **Yoga**  
    - Kala

**TUESDAY**
- **6:15-7:15a**  
  - **Barre**  
    - Sherri
- **12:15-12:45p**  
  - **Barre**  
    - Sherri
  - **Cycle30**  
    - Nicole
- **5:00-5:45p**  
  - **Cardio Kickboxing**  
    - Lexi
- **5:00-6:00p**  
  - **StrongBody**  
    - Tyler V.
- **6:15-7:15p**  
  - **Powerflow Yoga**  
    - Kala
  - **Buns & Guns**  
    - Wendy

**WEDNESDAY**
- **6:15-7:15a**  
  - **Power Stretch**  
    - Joanna
- **12:15-12:45p**  
  - **DanceFit**  
    - Joanna
  - **RaiderFit**  
    - Ashleigh
- **5:00-6:00p**  
  - **Step Aerobics**  
    - Martha
- **5:30-6:30p**  
  - **POP Pilates®**  
    - Alex
- **6:15-7:15p**  
  - **WERQ®**  
    - Sonya
- **7:30-8:30p**  
  - **Yin Yoga**  
    - Kala

**THURSDAY**
- **6:15-7:15a**  
  - **Yoga**  
    - Kala
- **12:15-12:45p**  
  - **Barre**  
    - Sherri
  - **TRX®**  
    - Josh
- **5:00-5:45p**  
  - **CycleFit**  
    - Lexi
- **5:00-6:00p**  
  - **PowerFlow Yoga**  
    - Kala
- **6:15-7:00p**  
  - **HIIT**  
    - Ashleigh
- **6:15-7:15p**  
  - **Zumba®**  
    - Jennifer

**FRIDAY**
- **6:15-7:15a**  
  - **POP Pilates®**  
    - Alex
- **12:15-12:45p**  
  - **Strong Body**  
    - Joanna
- **12:15-1:00p**  
  - **Barre**  
    - Wendy
- **5:00-5:45p**  
  - **CycleFit**  
    - Ashleigh

**SATURDAY**
- **11:00a-12:00p**  
  - **TAI CHI**  
    - Eli

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Questions? [fitness@mtsu.edu](mailto:fitness@mtsu.edu)

Check online for most current schedule modifications: [bit.ly/rec_groupfit](http://bit.ly/rec_groupfit)
CLASS DESCRIPTIONS

Barre
Barre classes mix elements of Pilates, dance, yoga, and functional training choreographed to motivating music. In each energizing and targeted workout, you will use the barre and exercise equipment (such as mini-balls and small hand weights) to sculpt, slim, and stretch your entire body.

Buns & Guns
This class focuses on light strength conditioning of the arms, legs and abs with a variety of weights such as kettlebells, dumbbells, and barbell plates. This class also provides basic knowledge on strength training that’s ideal for those interested in weightlifting.

Cardio Kickboxing
This non-contact kickboxing class will challenge you aerobically using basic techniques for punching and kicking, as well as full-body conditioning exercises all formatted to fun and upbeat music. Each class will bring unique and fun combinations to get your heart rate up and to challenge your body.

Cycling
Cycling class will get the feet moving and the heart pumping by combining strength and endurance components with aerobic and anaerobic training on a stationary bike. You will climb up hills, ride through valleys, and sprint on a flat roads. All fitness levels are welcome.

Dance Fit
A dance class designed to improve your cardio and strength endurance through a variety of movements. The rhythmic beats will help you stay coordinated and the floor exercises at the end will give you a final push to feeling on top of the world as you complete the class!

HIIT
High-intensity interval training is a full-body workout that will alternate intense work to rest ratios to keep your heart rate guessing! You will leave this class feeling challenged and strong.

Power Stretch
This class is suitable for anyone looking to increase their range of motion and improve posture. Power Stretch will free your body from accumulated tension making you feel relaxed and balanced.

Power Flow
Power Flow is often considered the “most athletic style” of yoga out there, with more vigorous movements and higher intensity than regular yoga. At first, it’s all about seeking the workout, but by the end of class, not only has the body slowed and calmed itself, but so has the breath, heart, and mind.

POP Pilates®
A mat-based workout choreographed to upbeat pop songs. This fun workout will teach you the importance of breath while engaging your core and toning your body.

Raider Fit
Raider Fit will challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility, and endurance. Different equipment will be utilized to challenge your body and keep you motivated.

R.I.P.E.D®
This total body, high intensity style workout utilizes free weights, resistance, and body weight which masterfully combines the components of R.I.P.E.D — Resistance, Intervals, Power, Plyometrics and Endurance.

Step Aerobics
A choreographed routine on a raised platform that allows for high- and low-intensity workout options. You’ll get a great cardio workout, tone your legs, and have a blast!

Strong Body
This class focuses on building strength and muscle through various forms of functional exercises and lifts. Strong Body focuses on working the entire body and will encourage participants to build body mass.

Tai Chi
This ancient art uses gentle-flowing movements to reduce the stress of today's busy lifestyles and improve health. It may look easy, but it gives you a great, low-impact workout.

TRX®
This suspension-training system will provide training for strength and functional fitness. Workout movements are simple but provide maximum results in a short period of time. Come tryout this new training system!

WERQ®
WERQ is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ instructors build a playlist based on trendsetting pop and hip-hop music.

Yin Yoga
Yin yoga was developed to penetrate deep into connective tissue expanding flexibility while invigorating the energy centers of the body to release blockages and increase your energy flow. Focusing on static movement, breath work, and meditation to create a profoundly deep and rewarding practice. Passive poses are held for several minutes in this form of yoga.

Yoga
Yoga helps you to build strength, increase flexibility, and find focus. This class will consist of a variety of yoga postures that are linked together in a series while focusing on the breath.

Zumba®
A fusion of Latin and international music/dance themes that create a dynamic and exciting workout based on the principle that a workout should be FUN. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.