# Fitness Schedule
**Summer 2019**
**May 13 - Aug 10**

## Monday
- **6:15-7:15a**  
  **RAIDER FIT**  
  Ashleigh
  **POWER STRETCH**  
  Joanna

- **4:45-5:30p**  
  **CYCLE FIT**  
  Nicole

- **5:00-6:00p**  
  **WERQ**  
  Sonya

- **5:30-6:30p**  
  **BUNS & GUNS**  
  Alex

## Tuesday
- **6:15-7:15a**  
  **POP PILATES**  
  Alex

- **12:15-12:45p**  
  **BARRE**  
  Sherri
  **STRONG BODY**  
  Joanna

- **5:00-5:45p**  
  **CYCLE FIT**  
  Lexi

- **5:00-6:00p**  
  **YOGA**  
  Kala

- **6:00-7:00p**  
  **BUNS & GUNS**  
  Wendy

## Wednesday
- **6:15-7:15a**  
  **RAIDER FIT**  
  Ashleigh

- **12:15-12:45p**  
  **BODYWEIGHT BLAST**  
  Lexi
  **POWER STRETCH**  
  Joanna

- **5:00-6:00p**  
  **WERQ**  
  Sonya

- **6:00-6:45p**  
  **HIIT**  
  Ashleigh

## Thursday
- **12:15-12:45p**  
  **BARRE**  
  Sherri
  **TRX**  
  Josh

- **5:00-6:00p**  
  **YOGA**  
  Sarah

- **5:30-6:30p**  
  **POP PILATES**  
  Alex

## Friday
- **12:15-12:45p**  
  **STRONG BODY**  
  Joanna
  **CYCLE 30**  
  Ashleigh

## Saturday
- **11:00-12:00p**  
  **TAI CHI**  
  Eli

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**All-Access Class Pass:**
- $10 / Students
- $20 / Campus Rec Members

- No classes will be held May 25-27 or July 4.
- Sign up online at www.mtsu.edu/campusrec or visit the equipment desk to reserve your spot.

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**Functional Fitness Studio** is closed 10 minutes prior to and throughout duration of fitness classes.

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**MT Campus Recreation**
**Middle Tennessee State University**
Questions? fitness@mtsu.edu
Barre
Barre classes mix elements of Pilates, dance, yoga, and functional training choreographed to motivating music. In each energizing and targeted workout, you’ll use the barre and exercise equipment (such as mini-balls and small hand weights) to sculpt, slim, and stretch your entire body.

Bodyweight Blast
This is a full-body workout that will challenge your strength, balance, coordination, and agility using only you and your body. Come ready to sweat and try something new!

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 ideal for those interested in weightlifting!

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.
  - CycleFit – 45 minute ride
  - Cycle30 – Quick 30-minute version of CycleFit

HIIT
High-intensity interval training (HIIT) 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.

POPlates®
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.

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!

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!

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 lean 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 try out 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.

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.

Questions? fitness@mtsu.edu