# Group Fitness Schedule

**Spring 2020 (Jan. 21 – Apr. 29)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6:15am–7:15am</td>
<td><strong>Yoga</strong> Kala</td>
<td><strong>Barre</strong> Sherri</td>
<td><strong>CycleFit</strong> Nicole (--5:45pm)</td>
<td><strong>WERQ®</strong> Sonya</td>
<td><strong>Yoga</strong> Kala</td>
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<td></td>
<td></td>
<td></td>
<td><strong>Butts &amp; Guts</strong> Lexi</td>
<td></td>
<td><strong>DanceFit</strong> Pinkie</td>
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<td></td>
<td><strong>Strong Body</strong> Yulia</td>
<td><strong>HIIT</strong> Hayes (--5:45pm)</td>
<td><strong>CycleFit</strong> Alex</td>
<td><strong>Strong Body</strong> Yulia</td>
<td><strong>HIIT</strong> Ashleigh (--7:00pm)</td>
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<tr>
<td>12:15pm–12:45pm</td>
<td><strong>Barre</strong> Sherri</td>
<td><strong>Cycle400</strong> Josh</td>
<td></td>
<td><strong>Barre</strong> Sherri</td>
<td><strong>DanceFit</strong> Pinkie</td>
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<td></td>
<td><strong>RaiderFit</strong> Ashleigh</td>
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<td></td>
<td></td>
<td><strong>POP Pilates®</strong> Alex</td>
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<tr>
<td>5:00pm–6:00pm</td>
<td><strong>Yoga</strong> Kala</td>
<td><strong>HIIT</strong> Hayes (--5:45pm)</td>
<td><strong>CycleFit</strong> Alex</td>
<td><strong>Yoga</strong> Kala</td>
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<td></td>
<td><strong>DanceFit</strong> Pinkie</td>
<td><strong>RaiderFit</strong> Anna</td>
<td></td>
<td><strong>DanceFit</strong> Anna</td>
<td><strong>WERQ®</strong> Sonya</td>
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<tr>
<td>5:30pm–6:15pm</td>
<td><strong>CycleFit</strong> Alex</td>
<td></td>
<td></td>
<td><strong>Barre</strong> Sherri</td>
<td><strong>DanceFit</strong> Pinkie</td>
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<td><strong>POP Pilates®</strong> Alex</td>
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<td><strong>Strong Body</strong> Yulia</td>
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<td></td>
<td><strong>Butts &amp; Guts</strong> Lexi</td>
<td><strong>HIIT</strong> Hayes (--5:45pm)</td>
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<td><strong>Strong Body</strong> Hayes (--7:00am)</td>
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<tr>
<td>7:30pm–8:30pm</td>
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<td></td>
<td><strong>Yoga</strong> Kala</td>
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**Weekend Class**

**Saturday**

- **Tai Chi**
  - Eli (11:00am–12:00pm)

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**Registration required** prior to the start of classes by visiting Rec Portal, Equipment Desk, or Campus Rec App.

**All-Access Pass:**
- Students: $20
- Campus Rec Members: $35
- Drop-in Fee: $2

**No classes held on:** Mar. 9–14

Questions? **fitness@mtsu.edu**

Schedule subject to change. Check online for any updates:
- [@mtsufitness](https://twitter.com/mtsufitness)

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Campus Recreation

**Middle Tennessee State University**

- **High Intensity**
- **Dance**
- **Cycling**
- **Strength**
- **Mind & Body**

- **Upstairs Studio**
- **Downstairs Studio**
- **Cycle Studio**
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.

BUTTS & GUTS
This class focuses on strength conditioning of the legs and abs with a variety of weights such as kettlebells, dumbbells, barbells and barbell plates. This class also provides basic knowledge on strength training for these muscle groups, it is ideal for those interested in weightlifting!

CYCLEFIT
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. Both 30- and 45-minute classes are available.

CYCLE400
With a goal of burning 400 calories in 30 minutes, this high-intensity cycling class focuses on building cardio endurance through using participant’s metrics such as Functional Threshold Power, Zone training, and watts per kilogram.

DANCE FIT
A dance class designed to improve your cardio and fitness through a variety of movements. This class will take you step by step through the movements to create a fun and challenging final dance routine that will have you feeling stronger and more confident!

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.

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!

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.

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.

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.