

# SPRING 2021 GROUP FITNESS SCHEDULE

	MON	TUE	WED	THU	FRI
6:30am–7:15am	<b>Strong Body</b> Tanner		<b>RaiderFit</b> Alex		
12:15pm–12:45pm	<b>Barre</b> Sherri	<b>Cardio &amp; Abs</b> Lexi  <b>Yoga</b> Gracie	<b>Buns &amp; Guns</b> Sherri	<b>RaiderFit</b> Tanner (12–12:30pm)  <b>Yoga</b> Gracie	<b>Barre</b> Sherri  <b>Cardio &amp; Abs</b> Alex
5:00pm–5:45pm	<b>Yoga</b> Gracie	<b>Strong Body</b> Tanner	<b>Yoga</b> Gracie	<b>POP Pilates®</b> Alex (5:30–6:15pm)	
6:00pm–6:45pm		<b>POP Pilates®</b> Alex	<b>WERQ®</b> Sonya		
** <b>SAT</b>	3 pm–4:00pm <b>Tai Chi</b> / Eli				



All equipment is cleaned before and after class and the number of attendants is limited for safety.

You are encouraged to bring **your own** water bottle and mat.



**Masks** must be worn throughout the duration of classes.



**Registration required** prior to the start of classes on [recportal.mtsu.edu](https://recportal.mtsu.edu) or Campus Rec App.

**All-Access Pass:** includes Virtual Class Membership (Classes TBA)

Students	\$15
Campus Rec Members	\$25
Drop-in Fee	\$2

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

Schedule subject to change.

Check online for any updates:

[bit.ly/rec\\_groupfit](https://bit.ly/rec_groupfit) or [@mtsufitness](https://www.instagram.com/mtsufitness)

# SPRING 2021 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 strength conditioning of the 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!

## **CARDIO & ABS**

Cardio and Abs is a high-intensity workout that will alternate intense bouts of cardio work with ab exercises 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.

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MIDDLE TENNESSEE STATE UNIVERSITY



High Intensity



Dance



Strength



Mind & Body

■ [Upstairs Studio](#)

■ [Downstairs Studio](#)