





# Campus Rec GroupX Schedule - Fall 2017, 2nd Mod

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAV CYCLE</b> 5:45am to 6:30am - Mae	<b>POWER VINYASA YOGA</b> 6:00am to 6:45am - Lindsey	<b>MAV CYCLE</b> 5:45am to 6:30am - Mae	<b>POWER VINYASA YOGA</b> 6:00am to 6:45am - Lindsey	<b>VINYASA YOGA</b> 6:00am to 7:00am - Jess		
<b>RISE &amp; SHINE YOGA</b> 6:35am to 7:20am - Teresa	KINESIOLOGY 8:00-9:15AM CYCLING MC 143	<b>RISE &amp; SHINE YOGA</b> 6:35am to 7:20am - Teresa	KINESIOLOGY 8:00-9:15AM CYCLING MC 143			
	KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D		KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D			
KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 9:30-10:45AM CYCLING MC 143	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 9:30-10:45AM CYCLING MC 143	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D		
KINESIOLOGY 9:00-9:50AM CYCLING MC 143	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 9:00-9:50AM CYCLING MC 143	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 9:00-9:50AM CYCLING MC 143		
KINESIOLOGY 10-10:50AM PILATES MC 130	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 10-10:50AM PILATES MC 130	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 10-10:50AM PILATES MC 130		
	KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130		KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130			
<b>CORE &amp; CONDITIONING EXPRESS</b> 12:00pm-12:30pm - Chris		<b>CORE &amp; CONDITIONING EXPRESS</b> 12:05pm-12:35pm - Chris				
<b>CARDIO JUMP ROPE</b> 12:35pm to 1:05pm - Kristin	12:15pm to 1:00pm - Lindsey		12:15pm to 1:00pm - Lindsey	12:15pm to 1:00pm - Jess		
	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D		KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D			
	KINESIOLOGY 2:00-3:15PM KARATE MC 244		KINESIOLOGY 2:00-3:15PM KARATE MC 244			
	KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D		KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D			
<b>MAV CYCLE EXPRESS</b> 4:30pm to 5:05pm - Hannah		<b>MAV CYCLE EXPRESS</b> 4:30pm to 5:05pm - Hannah				
<b>VINYASA YOGA</b> 5:05pm to 5:50pm - Teresa	<b>MAT PILATES</b> 5:15pm to 6:00pm - Meredith		 5:05pm to 5:50pm - Kristin			
	<b>MAV CYCLE EXPRESS</b> 5:15pm to 5:45pm - Emma					
<b>Core &amp; Conditioning</b> 6:00pm-6:45pm - Haelin	<b>CORE &amp; CONDITIONING EXPRESS</b> 6:00pm to 6:30pm - Emma	<b>Core &amp; Conditioning</b> 6:00pm-6:45pm - Haelin	<b>MAV CYCLE</b> 6:00pm to 6:45pm - Mae			
 6:05pm to 6:50pm - Sydney	 6:05pm to 6:50pm - Sydney	 6:05pm to 6:50pm - Sydney				
<b>BOXOLOGY</b> 7:00pm to 7:45pm - Haelin	<b>VINYASA YOGA</b> 7:00pm to 7:45pm - Teresa	<b>BOXOLOGY</b> 7:00pm to 7:45pm - Haelin	<b>VINYASA YOGA</b> 7:00pm to 7:45pm - Lindsey			

**\*Please make note of updated class times & locations!**



## Fall 2017- 2nd MOD GroupX Schedule Monday, October 16 - Friday, December 8

**SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!**



- INDOOR CYCLING, MC 143, 1ST FLOOR**
- GROUP EXERCISE 1, MC 130D, 1ST FLOOR**
- GROUP EXERCISE 2, MC 244, 2ND FLOOR**

CLASSES IN GREY ARE FOR STUDENTS REGISTERED FOR THAT SPECIFIC CLASS ONLY

There will be no classes on Friday 10/13 or Saturday 10/14. The 2nd mod schedule will begin on Monday, 10/16. There are no classes during Thanksgiving Break 11/18-25, and there will be a modified schedule available during the week of final exams.

**BOXOLOGY** - A powerful cardio workout which includes athletic drills and heavy bag work. It's sure to get you sweating! A limited number of boxing gloves are provided.

**CARDIO JUMP ROPE** - Jumping rope incorporates all the muscle groups and joints of the upper and lower body so it has greater fat burning benefits than other exercises. Not only do you work your heart and burn body fat, you will also gain speed, agility, coordination, balance and boost strength and power.

**MAT PILATES** - Fusing the methods and teachings of the classical Pilates method with unique and focused training techniques, this open level class will define your core and sculpt your muscles while improving posture, flexibility and mind-body connection. The use of props will help target a deep level of intricate muscle toning, fluidity and breath work that establishes the foundation for your everyday health and fitness.

**TRX Core & Conditioning** - Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. This class will utilize interval training, alternating cardio & strength exercises with high intensity cardio drills while incorporating the TRX strap and other equipment at times. Class space is limited.

**ZUMBA** - A Latin based dance and rhythm class designed to tone and sculpt your body! This class is loads of fun and will have you dripping in sweat.

**RISE & SHINE YOGA** - An invigorating series of Sun Salutations and yoga postures tailored to your morning body. This class is designed to help you transition from a waking state into your day by warming and opening every muscle and joint in your body. Leave feeling centered, focused and energized! Better than a double latte!

**YOGA VINYASA** - Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting the body, mind, and breathe. Designed as a moving meditation, every Vinyasa class is unique; creating the opportunity to become stronger, more flexible and balanced, while practicing being present in the moment. All levels are welcome.

**POWER VINYASA** - A more intense version of our Vinyasa flow class...

#### **INDOOR CYCLING**

Beginners should arrive 5-10 minutes prior to their first class for proper bike set up. All bikes are compatible with SPD cycling shoes. All classes involve steady, consistent pedaling with heavy resistance at times. All rides promote muscular and cardiovascular development.

**MAV CYCLE** - Come get a stimulating and challenging workout as we put our own "spin" on the traditional Spinning class! Classes are choreographed and led by certified instructors.

#### **RECOMMENDATIONS FOR ATTENDING GROUP CYCLING CLASS**

Participants should bring a towel and water bottle to every class. New participants are encouraged to arrive to class at least 5-minutes before class begins in order to allow time for proper bike set-up.

Our bikes have SPD clips. Participants are welcome to bring cycling shoes that clip into our pedals, but may not remove the pedals and insert their own clips.

#### **GROUP X CLASS POLICIES & ETTIQUITE**

- Class space is limited and available on a first come, first serve basis.
- Reserving space is not permitted.
- Please keep conversation to a minimum - Conversing with friends during class is distracting to both the instructor and other members!
- Equipment should be returned to the proper storage area and should not be removed from any GroupX space.
- Please use care when using weights and other equipment to prevent damage to the floors.
- Only water bottles with a secure lid are permitted. No food or gum.

**5-Minute Rule: Participants may enter a class up to five minutes after the scheduled start. Entrance is prohibited after five minutes have passed to ensure that all participants arrive early enough to become sufficiently warmed up for the vigorous parts of each class.**

*“Express” classes are abbreviated versions of the original class.*

Please see the Hamilton Rec Center web page for more information and all schedule updates.

<http://www.coloradomesa.edu/rec-center/index.html>