


Campus Rec GroupX Schedule - Spring 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAV CYCLE 6:00am to 6:45am - Linda		MAV CYCLE 6:00am to 6:45am - Mae			<i>Saturday Combo!</i> MAV CYCLE 9am to 9:45am - STAFF VINYASA FLOW YOGA 9:55am to 10:40am - STAFF Saturday classes will take place on 1/27, 2/10, 2/17, 2/24 & 3/3. Any additional classes will be announced in advance.	
RISE & SHINE YOGA 6:15am to 7:00am - Teresa	RISE & SHINE YOGA 6:15am to 7:00am - Jess	RISE & SHINE YOGA 6:15am to 7:00am - Teresa	RISE & SHINE YOGA 6:15am to 7:00am - Lindsey			
KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D KINESIOLOGY 9:00-9:50AM CYCLING MC 143 KINESIOLOGY 10-10:50AM LATIN RHYTHMS MC 130D KINESIOLOGY 11-11:50AM PILATES MC 130	KINESIOLOGY 8:00-9:15AM CYCLING MC 143 KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D KINESIOLOGY 9:30-10:45AM CYCLING MC 143 KINESIOLOGY 9:30-10:45AM TAI CHI MC 244 KINESIOLOGY 11-12:15PM TAI CHI MC 244 KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130 KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D KINESIOLOGY 2:00-3:15PM KARATE MC 244 KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D KINESIOLOGY 9:00-9:50AM CYCLING MC 143 KINESIOLOGY 10-10:50AM LATIN RHYTHMS MC 130D KINESIOLOGY 11-11:50AM PILATES MC 130	KINESIOLOGY 8:00-9:15AM CYCLING MC 143 KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D KINESIOLOGY 9:30-10:45AM CYCLING MC 143 KINESIOLOGY 9:30-10:45AM TAI CHI MC 244 KINESIOLOGY 11-12:15PM TAI CHI MC 244 KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130 KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D KINESIOLOGY 2:00-3:15PM KARATE MC 244 KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D KINESIOLOGY 9:00-9:50AM CYCLING MC 143 KINESIOLOGY 10-10:50AM LATIN RHYTHMS MC 130D KINESIOLOGY 11-11:50AM PILATES MC 130		
VINYASA FLOW YOGA 12:00pm to 12:45pm - Lindsey	KINESIOLOGY 11-12:15PM TAI CHI MC 244	VINYASA FLOW YOGA 12:00pm to 12:45pm - Lindsey	KINESIOLOGY 11-12:15PM TAI CHI MC 244			
CORE & CONDITIONING EXPRESS 12:05pm to 12:35pm - Chris	KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130	CORE & CONDITIONING EXPRESS 12:05pm to 12:35pm - Chris	KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130			
CARDIO JUMP ROPE 12:40pm to 1:10pm - Kristin	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D KINESIOLOGY 2:00-3:15PM KARATE MC 244	CARDIO JUMP ROPE 12:40pm to 1:10pm - Kristin	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D KINESIOLOGY 2:00-3:15PM KARATE MC 244			
MAV CYCLE EXPRESS 4:30pm to 5:05pm - Hannah	KINESIOLOGY 2:00-3:15PM KARATE MC 244 KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D	MAV CYCLE EXPRESS 4:30pm to 5:05pm - Hannah	KINESIOLOGY 2:00-3:15PM KARATE MC 244 KINESIOLOGY 3:30-4:45PM SELF DEFENSE MC 130D			
VINYASA FLOW YOGA 5:05pm to 5:50pm - Teresa	MAT PILATES 5:15pm to 6:00pm - Meredith	YIN YOGA 5:05pm to 5:50pm - Patty				
	 5:15pm to 6:00pm - Kristin		 5:15pm to 6:00pm - Kristin			
	MAV CYCLE 5:15pm to 6:00pm - Emma					
 6:00pm to 6:45pm - Sydney	BOXOLOGY 6:05pm to 6:50pm - Haelin	 6:00pm to 6:45pm - Sydney	BOXOLOGY 6:05pm to 6:50pm - Haelin			
	VINYASA POWER YOGA 7:00pm to 8:15pm - Teresa		VINYASA POWER YOGA 7:00pm to 8:15pm - Teresa			

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!



**1st Mod
GroupX Schedule
Monday, January 15 -
Friday, March 9**

- 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

The Spring 2018 GroupX schedule begins on Monday, January 15th. A modified schedule will be available during Spring Break, March 12-16. The Spring 2018-2nd mod schedule will begin on Monday, March 19.

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.

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.

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.

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.

YOGA CLASSES

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!

VINYASA FLOW - 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 – An intensified and extended version of our Vinyasa flow class...

YIN YOGA – Our Yin Yoga is a quiet and simple practice, but not necessarily an easy practice. Yin yoga works deeply into our body. It targets our deepest tissues of the body, our connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles.

INDOOR CYCLING

- Beginners should arrive 5-10 minutes prior to their first class for proper bike set up.
 - 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.

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

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. Please be respectful and be on time.

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

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

Members 12 years and under are NOT permitted in any GroupX class. Members 13-17 years old may participate with an adult guardian present at all times.