

Campus Recreation - GroupX Schedule - Summer 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
	MAV CYCLE 6:15am to 7am - Linda	TRX H.I.I.T. 5:40am to 6:10am - Mae	MAV CYCLE 6:15am to 7am - Linda	 <p style="font-size: 1.2em; font-weight: bold;">Summer GroupX Schedule</p> <p style="font-size: 1.1em; font-weight: bold;">1st Session: Monday, June 5- Friday, June 30</p> <table border="1" style="margin: 10px auto; border-collapse: collapse; width: 80%;"> <tr style="background-color: #cccccc;"> <th style="padding: 5px;">Room Key</th> </tr> <tr style="background-color: #ff00ff; color: white;"> <td style="padding: 5px;">INDOOR CYCLING, MC 143, 1ST FLOOR</td> </tr> <tr style="background-color: #90ee90;"> <td style="padding: 5px;">GROUP EXERCISE 1, MC 130D, 1ST FLOOR</td> </tr> <tr style="background-color: #800080; color: white;"> <td style="padding: 5px;">GROUP EXERCISE 2, MC 244, 2ND FLOOR</td> </tr> <tr style="background-color: #00bfff;"> <td style="padding: 5px;">FUNCTIONAL TRAINING AREA, 2ND FLOOR</td> </tr> </table>		Room Key	INDOOR CYCLING, MC 143, 1ST FLOOR	GROUP EXERCISE 1, MC 130D, 1ST FLOOR	GROUP EXERCISE 2, MC 244, 2ND FLOOR	FUNCTIONAL TRAINING AREA, 2ND FLOOR
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		CYCLE EXPRESS 6:15am to 6:45am - Mae								
TRX H.I.I.T. 12:15 to 12:45pm - Chris	VINYASA YOGA 12:20pm to 1:05pm - Teresa		VINYASA YOGA 12:20pm to 1:05pm - Lindsey							
CYCLE EXPRESS 4:20pm to 4:50pm - Hannah	 	CYCLE EXPRESS 4:20pm to 4:50pm - Hannah								
										

The Hamilton Rec Center will be closed on Tuesday, July 4th in observance of Independence Day, and will re-open on Wednesday, July 5th at 5:30am. There are no GroupX classes July 3rd-7th. The 2nd session will be posted by June 23rd, and will begin on Monday, July 10th. The rec center is open 5:30am-8pm Monday-Friday, and 8am-8pm on Saturday and Sunday.

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.

PILATES MAT - A traditional series of dynamic floor exercises designed by Joseph Pilates exploring the concepts of breathing, concentration, centering, and precision through fluid movement.

PILATES FOR THE ATHLETE - 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.

STRENGTHEN & TONE - A head to toe workout that strengthens and tones all major muscle groups. Improve your fitness level with stability balls, med balls, weights, and more!

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.

TRX H.I.I.T. - HIIT (or High Intensity Interval Training) refers to the basic technique of alternating periods of extremely high-intensity exercise with short rest periods for a specific number of sets. These short, intense bursts of cardio or complexes of strength-based movements with kettlebells, free weights, dumbbells, or Suspension Trainer, offer the supreme benefits of both fitness and fat loss in less time than many other workout methods. HIIT can give you a tremendous aerobic, anaerobic, strength and power workout rolled into one! The versatility of TRX Training offers hundreds of exercises to choose from to build fun and effective HIIT workouts. The infinitely scalable nature of TRX Training allows you to slowly work up to your goals or increase the intensity when you're ready to push yourself harder. You will love this class!

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.

ACRO YOGA - A dynamic partner practice that blends together yoga, acrobatics, and healing arts. Each class will be a blend of core and strength training paired with basing, flying, and spotting techniques. You can expect to have fun and be challenged! No experience or partner is necessary to attend.

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>

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.