





Campus Rec GroupX Schedule - Spring 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RISE & SHINE YOGA 6:15am-7am - Jess	RISE & SHINE YOGA 6:15am-7am - Teresa R	RISE & SHINE YOGA 6:15am-7am - Teresa R	RISE & SHINE YOGA 6:15am-7am - Teresa R		VINYASA FLOW 10am to 10:45am - STAFF	
	MAV CYCLE 6:45am-7:15am - Amy		MAV CYCLE 6:45am-7:15am - Amy		BOXOLOGY 11am-12pm - Rochelle	
KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D		
KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245	KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC 245	KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245	KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC 245	KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245		
KINESIOLOGY 10-10:50AM PILATES MC 130D	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 10-10:50AM PILATES MC 130D	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 10-10:50AM PILATES MC 130D		
KINESIOLOGY 11-11:50AM LATIN RHYTHMS MC 130D	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 11-11:50AM LATIN RHYTHMS MC 130D	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 11-11:50AM LATIN RHYTHMS MC 130D		
	KINESIOLOGY 11-12:15PM METHOD OF EX. MC 130D		KINESIOLOGY 11-12:15PM METHOD OF EX. MC 130D			
TRX/CORE & CONDITIONING 12:05pm-12:35pm - Chris		TRX/CORE & CONDITIONING 12:05pm-12:35pm - Chris				
MAV CYCLE 12:40pm-1:10pm - Amy	VINYASA FLOW 12:30pm-1:15pm - Lindsey	MAV CYCLE 12:40pm-1:10pm - Amy	VINYASA FLOW 12:30pm-1:15pm - Lindsey			
MC244 open for "FREE" use 1-4pm-First come first serve	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D	MC244 open for "FREE" use 1-4pm-First come first serve	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D	MC244 open for "FREE" use 1-4pm-First come first serve		
KINESIOLOGY 3:00-4:15PM SELF- DEFENSE MC 130D		KINESIOLOGY 3:00-4:15PM SELF- DEFENSE MC 130D				
VINYASA FLOW 5:15pm-6pm - Teresa R	MAV CYCLE 5:15pm-5:45pm - Connie	GENTLE YOGA 5:15pm-6pm - Karen	MAV CYCLE 5:15pm-5:45pm - Melissa			
 ZUMBA 5:15pm-6pm - Andrea	 ZUMBA 5:15pm-6pm - Kristin	 ZUMBA 5:15pm-6pm - Andrea	 ZUMBA 5:15pm-6pm - Kristin			
MAV CYCLE 5:30pm-6:00pm - Hannah	SportTrain 6pm-6:45pm-Matt	MAV CYCLE 5:30pm-6:00pm - Riley	SportTrain 6pm-6:45pm-Matt			
BOXOLOGY 6:30pm-7:30pm - Rochelle		BOXOLOGY 6:30pm-7:30pm - Rochelle				
	VINYASA FLOW 7pm-8:15pm - Teresa R		VINYASA FLOW 7pm-8:15pm - Teresa R			



HAMILTON
RECREATION CENTER

1st Mod
GroupX Schedule
Monday, January 20 -
Friday, March 13

INDOOR CYCLING, MC 245, 2ND 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

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

The 1st Mod Spring 2020 GroupX schedule begins on Monday, January 20 and will run through Friday, March 13.

The 2nd Mod schedule will begin on Monday, March 23.

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.

SportTrain-A class designed to enhance performance in a wide range of sports. This class trains athletes and non-athletes by using exercises that mimic movement in sports. It will help to prevent injury, and increase strength, speed, and power. This class fuses strength and cardio training utilizing resistance bands, free weights, and your own bodyweight to provide a full body workout.

From casual volleyball players to NCAA athletes, this class is beneficial for everyone.

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 cardio 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.

GENTLE YOGA- Come wind down your day with a gentle yoga class. Suitable for all levels. A restful, calming class that will focus on relaxation, stretching, flexibility and slow gentle movements. Classes will focus on stretching the hips, hamstrings, and shoulders – all areas that accumulate tension in daily life. Most of the poses will be done on the mat.

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.

GROUP X CLASS POLICIES & ETIQUETTE

- 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