## Campus Rec GroupX Schedule - Fall 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td><em>RISE &amp; SHINE YOGA</em> 6:15am-7am - Teresa R</td>
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<td><em>VINYASA FLOW</em> 10am to 10:45am - STAFF</td>
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<td>MAV CYCLE 6:30am-7:00am - Matt</td>
<td>MAV CYCLE 6:30am-7:00am - Kate</td>
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<tr>
<td>KINESIOLOGY 8-8:50AM YOGA MC 130D</td>
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<td>KINESIOLOGY 11-12:15PM MEHODS OF EX. MC 130D</td>
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<td>CORE &amp; STRENGTH 12:05pm-12:35pm - Kate</td>
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<td>KINESIOLOGY 1:15-2:30PM YOGA MC 130D</td>
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<td>BOXOLOGY 6:30pm-7:30pm - Rochelle</td>
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<td><em>BYOYM- Bring Your Own Yoga Mat for Yoga!</em></td>
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**2nd Mod GroupX Schedule**

Monday, October 12 - Thursday, November 19

See reverse side for class descriptions & more info!

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*BYOYM—Bring Your Own Yoga Mat! In the effort of safety, we will not be providing "shared" yoga mats in our studios any longer.

All Indoor classes are limited! see reverse side for specific class limits.

Face masks are required in all indoor classes.
ALL INDOOR CLASSES ARE LIMITED!
FACE MASKS ARE REQUIRED IN ALL INDOOR GROUPX CLASSES!

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 and plastic gloves must be worn underneath. Limited to 8 participants.

CORE & STRENGTH - This class is a full body workout in 30 minutes, with emphasis on your core. It will use equipment and body weight exercises to work all muscle groups in an efficient and effective manner. Limited to 12 participants.

STEP & SCULPT - A step away from boring cardio! Step and Sculpt mixes cardio conditioning and fun choreograph routines on an adjustable "step" platform. By incorporating light weights, this class will also focus on full body muscle toning. Limited to 12 participants.

Total Body Strength - This total body class uses a variety of strength and conditioning exercises. The focus is on combining foundational moves and endurance to progress your strength and conditioning every week. All levels are welcome! Limited to 12 participants.

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. Limited to 12 participants.

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. Limited to 19 participants.

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! Limited to 19 participants.

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. Limited to 19 participants in MC130D and Limited to 12 participants in MC244.

YOGA SCULPT - Come Sculpt, build Strength, and Stretch with our new Yoga Sculpt Class. 45 minutes of basic yoga flow poses using free weights; great for all levels. Limited to 12 participants.

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. Limited to 20 participants.

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