<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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</thead>
<tbody>
<tr>
<td>MAV CYCLE 7am-7:30am - GiGi</td>
<td>MAV CYCLE 7am-7:30am - GiGi</td>
<td>Leg Day 6:50am-7:30am - Emily</td>
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<td>KINESIOLOGY 8:50AM YOGA MC 130D</td>
<td>KINESIOLOGY 8:9:15AM YOGA MC 130D</td>
<td>KINESIOLOGY 8:50AM YOGA MC 130D</td>
<td>KINESIOLOGY 8:9:15AM YOGA MC 130D</td>
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<td>KINESIOLOGY 9:9:50AM YOGA MC 130D</td>
<td>KINESIOLOGY 9:30-10:45AM YOGA MC130D</td>
<td>KINESIOLOGY 9:9:50AM YOGA MC 130D</td>
<td>KINESIOLOGY 9:30-10:45AM YOGA MC130D</td>
<td>KINESIOLOGY 9:9:50AM YOGA MC 130D</td>
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<td>KINESIOLOGY 10-10:50AM PILATES MC 130D</td>
<td>KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC245</td>
<td>KINESIOLOGY 10-10:50AM PILATES MC 130D</td>
<td>KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC245</td>
<td>KINESIOLOGY 10-10:50AM PILATES MC 130D</td>
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<tr>
<td>KINESIOLOGY 11-12:15PM</td>
<td>KINESIOLOGY 11-12:15PM</td>
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<tr>
<td>CORE &amp; STRENGTH 12:05pm-12:35pm - Kate</td>
<td>MAV CYCLE 12:15pm-12:45pm - Emma</td>
<td>CORE &amp; STRENGTH 12:05pm-12:35pm - Kate</td>
<td>DEEP STRETCH YOGA 12:05pm-12:45pm - Rose</td>
<td>BARRE 12:05pm-12:45pm - Kylie</td>
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<tr>
<td>KINESIOLOGY 2:00-3:15PM</td>
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<tr>
<td>Barre 5:15pm-6pm - Linda</td>
<td>MAV CYCLE 5:30pm-6pm - Hannah</td>
<td>MAV CYCLE 5:30pm-6pm - Hannah</td>
<td>MAV CYCLE 5:30pm-6pm - Hannah</td>
<td>MAV CYCLE 5:30pm-6pm - Hannah</td>
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<tr>
<td>VINYASA FLOW 5:15pm-6pm - Christina</td>
<td>KICKBOXING 5pm-5:45pm - Lauren W.</td>
<td>BARRÉ 5:30pm-6pm - Mollie</td>
<td>KICKBOXING 5pm-5:45pm - Lauren W.</td>
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<tr>
<td>Step Cardio 6pm-6:35pm - Roxana</td>
<td>Lindy Hop Swing Dancing 6pm-7:15pm - Freddy/Misti</td>
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<td>ZUMBA 6pm-6:35pm - Roxana</td>
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<tr>
<td>BARRE 6:15pm-7pm - Kylie</td>
<td>MAV CYCLE 6:15pm-7:15pm - Amber</td>
<td>VINYASA FLOW 6:15pm-7:15pm - Amber</td>
<td>VINYASA FLOW 6:15pm-7:15pm - Amber</td>
<td>MAV CYCLE 6pm-6:30pm - GiGi</td>
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**Campus Rec GroupX Schedule - Fall 2023**

**1st Mod GroupX Schedule**

Monday, August 21 - Friday, October 13

- GroupX classes are **FREE** for all students and those with a gym membership.
- The 1st Mod Fall schedule will begin on Monday, August 21 and run through Friday, October 13.
- The 2nd Mod Fall schedule will begin on Monday, October 16.
BARRE- Barre delivers a fusion of ballet, Pilates, yoga, and strength training. The class combines small isolated movements that fatigue the muscles quickly and efficiently, along with larger range of motion movements that get your heart rate elevated. With this low impact, high intensity workout, Barre is sure to get you sweating and shaking (in a good way)!

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.

FUNCTIONAL FITNESS- Functional Fitness is a practical program that emphasizes training movements that mimic everyday activities. Each workout incorporates a variety of movements focused on building strength, flexibility, balance and endurance. Functional fitness is a good way to stay active and fit for your daily life and will help you lead a more functional and healthier lifestyle.

KICKBOXING- Kick, punch, bob, and weave your way to a higher level of fitness! Kickboxing keeps you constantly moving and burning for a full 45 minutes. This high-energy group fitness class is constantly varied, never the same, including bags, bands, and body weight exercises to complete your workout. All levels are welcome!

LEG DAY- A 40-minute workout designed to strengthen and sculpt the lower body. The class will incorporate a variety of weight and strength training, equipment, and formats. All levels are welcome. Please arrive 5-10 minutes prior to start time to set up your station.

STEP CARDIO- Step Cardio is a 35 minute moderate-to-high-intensity cardiovascular workout that uses a step platform. Easy choreography. Set to fun upbeat music. Sure to tone your body while improving your agility, coordination, and strength.

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. All levels welcome!

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 or YOGA FLOW- Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting the body, mind, and breath. 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.

DEEP STRETCH YOGA- Deep Stretch Yoga focuses on a slow progression of poses with an emphasis on holding poses a bit longer to enable the student to explore and soften into each pose. Unwind with connecting the mind, body and breath for relaxation and enhanced flexibility. All levels welcome.

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.

Please download the CMU Rec App 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.