


Free Group Exercise Classes in Hamilton Rec - Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunrise Yoga 7:15-7:50am - Patty	BARRE 7:15-7:45am - Mollie	MAV CYCLE 7:15-7:45am - Margel			
			Run Club 8:15-8:45am - Carson		
Free Weights 10:00-10:45am - Carson					MAV CYCLE 10:00-10:30am - Madie
	Vinyasa Flow 12:05-12:50pm - Rachel	BARRE 12:05-12:45pm - Lauren	VIN YIN YOGA 12:00-1pm- Melissa	Slow Flow Yoga 12:05-12:45pm - Patty	
Core & Strength 12:05-12:35pm - Kate	MAV CYCLE 12:15-12:45pm- Emma	Core & Strength 12:05-12:35pm - Kate	BARRE BOOTCAMP 12:05-12:45pm - Kylie		
Functional Yoga 2:00-3pm - Dominik		Functional Yoga 2:00-3pm - Dominik			
	BAGUA 4:00-5pm - Ed	Zumba 5:15-5:45pm - Misti	BAGUA 4:00-5pm - Ed		
MAV CYCLE 5:15-6pm - Linda		MAV CYCLE 5:30-6pm- Madie			
KICKBOXING 5:15-6pm - Cynthia	REFIT 5:15-6pm - Chelsea	Lindy Hop Swing 6-7:15pm - Freddy & Misti	REFIT 5:15-6pm - Chelsea	Room Key INDOOR CYCLING, MC 245, 2nd FLOOR GROUP EXERCISE 1, MC 130D, 1ST FLOOR GROUP EXERCISE 2, MC 244, 2ND FLOOR Yoga--FFH Quad; Free Weights--2nd Floor Turf; Run Club--Rec Center Lobby	
Zumba 6:15-7pm - Roxana	MAV CYCLE 5:30-6pm - Madie	Vinyasa Flow 6:00-7pm - Vanessa	Zumba 6:15-7pm - Roxana		

*Free for students and staff.

BAGUA- Quiet your body and mind with the Chinese Internal Art of Bagua Zhang. Develop body awareness and a stronger, clearer mind/body connection. This class is targeted for faculty/staff, but students are welcome.

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.

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!

LINDY HOP SWING DANCING- Dance to the tunes of big band swing music. Learn the basic footwork, partnership techniques, and turns for this dynamic swing dance. This is a partner dance, but you don't need to bring a partner.

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 - We offer a variety of yoga classes. All classes are designed to be accessible for anyone looking to enhance their movement and mindset.

VINYASA 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.

FREE WEIGHTS - Enjoy a quick warm up, a bout of strength training, and a functional circuit every Monday!

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 please.

Please be respectful and be on time.

Please download the CMU Rec App for more information and all schedule updates.

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.

