

Campus Rec GroupX Schedule - Spring 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*BYOYM- Bring Your Own Yoga Mat for Yoga!						
*RISE & SHINE YOGA 6:15am-7am - Teresa R	*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 7am-7:30am - Matt		MAV CYCLE 7am-7:30am - Matt			
KINESIOLOGY 8-8:50AM YOGA MC 130D	KINESIOLOGY 8-9:15AM YOGA MC 130D	KINESIOLOGY 8-8:50AM YOGA MC 130D	KINESIOLOGY 8-9:15AM YOGA MC 130D	KINESIOLOGY 8-8:50AM YOGA MC 130D		
KINESIOLOGY 9-9:50AM YOGA MC 130D		KINESIOLOGY 9-9:50AM YOGA MC 130D		KINESIOLOGY 9-9:50AM YOGA MC 130D		
KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245	KINESIOLOGY 9:30-10:45AM WEIGHT TRAINING MC130D	KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245	KINESIOLOGY 9:30-10:45AM WEIGHT TRAINING MC130D	KINESIOLOGY 9-9:50AM INDOOR CYCLING MC245		
	KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC245		KINESIOLOGY 9:30-10:45AM INDOOR CYCLING MC245			
	KINESIOLOGY 11-12:15PM MEHODS OF EX. MC 130D		KINESIOLOGY 11-12:15PM MEHODS OF EX. MC 130D			
CORE & STRENGTH 12:05pm-12:35pm - Kate	CORE & STRENGTH 12:05pm-12:35pm - Mayra	CORE & STRENGTH 12:05pm-12:35pm - Kate	CORE & STRENGTH 12:05pm-12:35pm - Mayra			
				SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!	GROUP EXERCISE 1, MC 130D, 1ST FLOOR	
					GROUP EXERCISE 2, MC 244, 2ND FLOOR	
	Women & Weights Small Group Training (6 ppl max) 4pm-4:45pm - Mayra		Women & Weights Small Group Training (6 ppl max) 4pm-4:45pm - Mayra		INDOOR CYCLING, MC 245, 2ND FLOOR	
*VINYASA FLOW 5:15pm-6pm - Teresa R		*YOGA SCULPT 5:15pm-6pm - Karen			MAIN FITNESS GYM, 1st FLOOR meet by squat racks	
ZUMBA FINEST 5:15pm-6pm - Andrea	ZUMBA FINEST 5:15pm-6pm - Kristin	ZUMBA FINEST 5:15pm-6pm - Andrea			CLASSES IN GREY ARE FOR STUDENTS REGISTERED FOR THAT SPECIFIC CLASS ONLY	
MAV CYCLE 5:30pm-6pm - Matt	MAV CYCLE 5:30pm-6pm - Saran	MAV CYCLE 5:30pm-6pm - Matt	MAV CYCLE 5:30pm-6pm - Saran	* 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.		
STEP & SCULPT 6:15pm-7pm - Saran	BARELESS BARRE 6:15pm-7pm-Rochelle	STEP & SCULPT 6:15pm-7pm - Saran	TRX/Core & Conditioning 6:15pm-7pm-Rochelle			
BOXOLOGY 6:15pm-7pm - Rochelle		BOXOLOGY 6:15pm-7pm - Rochelle				
	*VINYASA FLOW 7pm-8:15pm - Teresa R					



1st Mod GroupX Schedule Monday, January 25- Thursday, March 18

*BYOYM--Bring Your Own Yoga Mat for Yoga!

**ALL INDOOR CLASSES ARE LIMITED!
FACE MASKS ARE REQUIRED IN ALL INDOOR GROUPX CLASSES!**

BARELESS BARRE- Barre is a class that mixes elements from dance, Pilates, and functional fitness 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)! **Limited to 10 participants.**

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**

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.**

WOMEN & WEIGHTS Small Group Training- Join Mayra, one of our certified personal trainers for this women's-only strength training group class. This class is designed to educate and empower women of all different shapes, sizes, and skill levels on the various methods of strength training. The class will use barbells, dumbbells, free weights, machines, and more. Come build strength, boost confidence, burn fat, improve weight loss and increase your metabolism! **Limited to 6 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