

# Campus Rec GroupX Schedule - Spring 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RISE & SHINE YOGA 6:15am-7am - Teresa	RISE & SHINE YOGA 6:15am-7am - Teresa	RISE & SHINE YOGA 6:15am-7am - Teresa	RISE & SHINE YOGA 6:15am-7am - Teresa		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 8-8:50AM YOGA MC 130D		KINESIOLOGY 8-8:50AM YOGA MC 130D		
	KINESIOLOGY 9:30-10:45AM YOGA MC130D		KINESIOLOGY 9:30-10:45AM YOGA MC130D			
	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 - Kate				
	CORE & STRENGTH 12:45pm-1:15pm - Mayra		CORE & STRENGTH 12:45pm-1:15pm - Mayra			
				SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!		
	TRX Strength Training 4:30pm-5pm - Kristin				GROUP EXERCISE 1, MC 130D, 1ST FLOOR	
VINYASA FLOW 5:15pm-6pm - Teresa		YOGA SCULPT 5:15pm-6pm - Karen		MAV CYCLE 4:30-5pm-Saran	GROUP EXERCISE 2, MC 244, 2ND FLOOR	
 5:15pm-6pm - Andrea	 5:15pm-6pm - Kristin	 5:15pm-6pm - Andrea	 5:15pm-6pm - Kristin		INDOOR CYCLING, MC 245, 2ND FLOOR	
MAV CYCLE 5:30pm-6pm - Matt	MAV CYCLE 5:30pm-6pm - Saran	MAV CYCLE 5:30pm-6pm - Matt	MAV CYCLE 5:30pm-6pm - Saran		CLASSES IN GREY ARE FOR STUDENTS REGISTERED FOR THAT SPECIFIC CLASS ONLY	
	Barre-less Barre 6:15pm-7pm - Shae		Barre-less Barre 6:15pm-7pm - Shae			
HIP HOP 6:15pm-7pm - Roxana		HIP HOP 6:15pm-7pm - Roxana				
	VINYASA FLOW 7pm-8:15pm - Teresa					



## 2nd Mod GroupX Schedule

Monday, March 22-  
Thursday, April 29

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!**

**BARRE-LESS 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.**

**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.**

**HIP HOP-** This is a high energy dance class infused with various styles of street dancing. We will cover the basic fundamentals of breakdancing, popping, locking, while working on muscle development, coordination, footwork, and musicality. All dance levels welcome! **Limited to 19 participants.**

**TRX Strength Training** - 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>

**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**