





Campus Rec GroupX Schedule - Spring 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
MAV CYCLE 7am-7:30am -Cassidy	Rise & Shine Yoga 7am-7:45am - Natalia	MAV CYCLE 7am-7:30am -GiGi				
KINESIOLOGY 8-8:50AM INDOOR CYCLING MC 245	KINESIOLOGY 8-9:15AM YOGA MC 130D	KINESIOLOGY 8-8:50AM INDOOR CYCLING MC 245	KINESIOLOGY 8-9:15AM YOGA MC 130D	KINESIOLOGY 8-8:50AM INDOOR CYCLING MC 245		
KINESIOLOGY 8-8:50AM YOGA MC 130D	KINESIOLOGY 9:30-10:45AM YOGA MC130D	KINESIOLOGY 8-8:50AM YOGA MC 130D	KINESIOLOGY 9:30-10:45AM YOGA MC130D	KINESIOLOGY 8-8:50AM YOGA MC 130D		
KINESIOLOGY 9-9:50AM INTRO TO YOGA MC 130D		KINESIOLOGY 9-9:50AM INTRO TO YOGA MC 130D		KINESIOLOGY 9-9:50AM INTRO TO YOGA MC 130D		
KINESIOLOGY 10-10:50AM PILATES MC 130D		KINESIOLOGY 10-10:50AM PILATES MC 130D		KINESIOLOGY 10-10:50AM PILATES MC 130D		
KINESIOLOGY 11-11:50AM ZUMBA MC 130D	KINESIOLOGY 11-12:15PM MEHODS OF EX. MC 130D	KINESIOLOGY 11-11:50AM ZUMBA MC 130D	KINESIOLOGY 11-12:15PM MEHODS OF EX. MC 130D	KINESIOLOGY 11-11:50AM ZUMBA MC 130D	<h3>1st Mod GroupX Schedule</h3> <p>Monday, January 23- Friday, March 17</p> <div>GROUP EXERCISE 1, MC 130D, 1ST FLOOR</div> <div>GROUP EXERCISE 2, MC 244, 2ND FLOOR</div> <div>INDOOR CYCLING, MC 245, 2ND FLOOR</div> <div>EL POMAR NATATORIUM, MC140, 1ST FLOOR</div> <div>CLASSES IN GREY ARE FOR STUDENTS REGISTERED FOR THAT SPECIFIC CLASS/SPORT ONLY</div>	
CORE & STRENGTH 12:05pm-12:35pm - Kate	MAV CYCLE 12:15pm-12:45pm -Emma	CORE & STRENGTH 12:05pm-12:35pm - Kate		BARRE 12:05pm-12:45pm - Sarah		
		YOGA FLOW 12:05pm-12:50pm - Rachel		<div>SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!</div>		
	KINESIOLOGY 2:00-3:15PM Self Defense MC 130D		KINESIOLOGY 2:00-3:15PM Self Defense MC 130D			
 5:30pm-6:05pm - Roxana	Foundations of Strength Training 5pm-5:45pm Vaughn	 5:30pm-6:05pm - Roxana	BARRE (Barrelosophy Method) 5:15pm-6pm - Kylie			
MAV CYCLE 5:30pm-6pm -Linda	BARRE (Barrelosophy Method) 5:15pm-6pm - Kylie	MAV CYCLE 5:30pm-6pm -Cassidy	 High Fitness 6pm-6:45pm - Beth	<ul style="list-style-type: none">GroupX classes are FREE for all students and those with a gym membership.The 1st Mod Spring 2023 GroupX schedule begins on Monday, January 23 and will run through Friday, March 17.The 2nd Mod schedule will begin on Monday, March 27.		
Foundations of Strength Training 6:30pm-7:15pm Vaughn	KICKBOXING 6pm-6:45pm - Chad	VINYASA FLOW 6:15pm-7:15pm - Amber	VINYASA FLOW 6:15pm-7pm - Amber			

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)!

BARRE (Barreosophy Method)- Combining all your favorite aspects of yoga, Pilates, and Ballet, the Barreosophy Method has you practicing small, isolated movements to exhaust the muscles, and then stretch them back out, creating long, lean, beautiful muscles.

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.

FOUNDATIONS OF STRENGTH TRAINING- This class will help you build strength and power in a progressive and productive manner. Full body, minimal equipment, very effective exercises in 45 min. Everyone welcome, beginners especially. Learn the right exercises the right way.

HIGH FITNESS- HIGH Fitness has brought aerobics back in a hip and unique way. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Each class consists of several cardio songs to get your heart rate up, mixed with toning songs to fire up muscles in arms, legs and abs. You will leave this class feeling the burn and dripping on sweat. It is fun, easy to follow, and choreographed to set you up for success. All levels welcome!

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!

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 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.

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 be respectful and be on time.

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.