






Campus Rec GroupX Schedule - Fall 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RISE & SHINE YOGA 6:15am-7am - Teresa R	RISE & SHINE YOGA 6:15am-7am - Jess	RISE & SHINE YOGA 6:15am-7am - Teresa R				
					VINYASA FLOW 10am to 10:45am - STAFF	
KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	KINESIOLOGY 8-9:15AM HATHA YOGA MC 130D	KINESIOLOGY 8-8:50AM HATHA YOGA MC 130D	 <p>1st Mod GroupX Schedule Monday, August 19 - Thursday, October 10</p>	
KINESIOLOGY 9-9:50AM LATIN RHYTHMS MC 130D	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 9-9:50AM LATIN RHYTHMS MC 130D	KINESIOLOGY 9:30-10:45AM TAI CHI MC 244	KINESIOLOGY 9-9:50AM LATIN RHYTHMS MC 130D		
KINESIOLOGY 9-9:50AM INDOOR CYCLING RBC	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 9-9:50AM INDOOR CYCLING RBC	KINESIOLOGY 11-12:15PM TAI CHI MC 244	KINESIOLOGY 9-9:50AM INDOOR CYCLING RBC		
KINESIOLOGY 10-10:50AM PILATES MC 130D	KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130D	KINESIOLOGY 10-10:50AM PILATES MC 130D	KINESIOLOGY 11-12:15PM METHODS OF EX. MC 130D	KINESIOLOGY 10-10:50AM PILATES MC 130D		
TRX/CORE & CONDITIONING 12:05pm-12:35pm - Chris	VINYASA FLOW 12:30pm-1:15pm - Lindsey	TRX/CORE & CONDITIONING 12:05pm-12:35pm - Chris	VINYASA FLOW 12:30pm-1:15pm - Lindsey			
MC244 open for "FREE" use 1-4pm-First come first serve	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D	MC244 open for "FREE" use 1-4pm-First come first serve	KINESIOLOGY 1:15-2:30PM HATHA YOGA MC 130D	MC244 open for "FREE" use 1-4pm-First come first serve		INDOOR CYCLING, RACQUETBALL COURT (RBC)
	KINESIOLOGY 2:00-3:15PM SELF- DEFENSE MC 130D		KINESIOLOGY 2:00-3:15PM SELF- DEFENSE MC 130D			GROUP EXERCISE 1, MC 130D, 1ST FLOOR
MAV CYCLE EXPRESS 4:45pm-5:15pm - Connie	Strength & Cardio Fusion 4:15-5pm - Matt	MAV CYCLE EXPRESS 4:45pm-5:15pm - Connie	Strength & Cardio Fusion 4:15-5pm - Matt	SEE REVERSE SIDE FOR CLASS DESCRIPTIONS & MORE INFO!		GROUP EXERCISE 2, MC 244, 2ND FLOOR
VINYASA FLOW 5:15pm-6pm - Teresa R	MAV CYCLE EXPRESS 5:15pm-5:45pm - Emma	VINYASA FLOW 5:15pm-6pm - Karen	MAV CYCLE EXPRESS 5:15pm-5:45pm - Melissa			OUTSIDE- around the rec, look for the rec event flag
 ZUMBA 5:15pm-6pm - Teresa S	 ZUMBA 5:15pm-6pm - Kristin	 ZUMBA 5:15pm-6pm - Teresa S	 ZUMBA 5:15pm-6pm - Kristin		CLASSES IN GREY ARE FOR STUDENTS REGISTERED FOR THAT SPECIFIC CLASS ONLY	
MAV CYCLE EXPRESS 5:30pm-6:00pm - Hannah	MAV CIRCUIT 6pm-6:45pm - Rochelle	MAV CYCLE EXPRESS 5:30pm-6:00pm - Hannah	MAV CIRCUIT 6:00pm-6:45pm - Rochelle		<p>New workout area coming in September, along with new upstairs spin room in October! Stay tuned for any schedule changes taking place at the start of the 2nd mod Monday, October 14.</p>	
BOXOLOGY 6:30pm-7:30pm - Rochelle	OUTDOOR CLASS 6:15-7:00pm TBA	BOXOLOGY 6:30pm-7:30pm - Rochelle				
	VINYASA FLOW 7pm-8:15pm - Teresa R		VINYASA FLOW 7pm-8:15pm - Teresa R			

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.

MAV CIRCUIT- This circuit class welcomes all levels, from the experienced athlete to the beginner athlete. Get ready to sweat in this multi leveled class offering a variety of exercises!

OUTDOOR CLASS- The outdoor class will rotate between Yoga, Zumba, and Strength & Cardio Fusion. See the Outdoor Class schedule to know the specifics. It will be held outside, around the Rec Center. Look for the Rec Event flag.

STRENGTH & CARDIO FUSION- This class fuses together body sculpting and cardio movements to ensure you get a full bodyworkout workout. Come challenge your body in this muscle-strengthening cardio class!

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. Class space is limited.

ZUMBA - A Latin based dance and rhythm class designed to tone and sculpt your body! This class is loads of fun and will have you dripping in sweat.

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 - 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.

"Express" classes (italicized) are abbreviated versions of the original class.

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>