<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>MAV CYCLE 12:15-12:45pm- Emma</td>
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<td>BARRE 12:05-12:45pm- Sarah</td>
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<tr>
<td>VINYASSA FLOW 5:30-6:15pm- Amber</td>
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**Summer GroupX Schedule**

**Wednesday, July 6- Sunday, July 31**

- **Room Key**
  - INDOOR CYCLING, MC 245, 2nd FLOOR
  - GROUP EXERCISE 1, MC 130D, 1ST FLOOR
  - GROUP EXERCISE 2, MC 244, 2ND FLOOR

There are no GroupX classes after July 31, until the Fall semester. The Fall GroupX schedule will begin on Monday, August 22.
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)!

YOGA CLASSES
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.

GROUPX 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