

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>March 2017</b> <b>MSU WELLNESS CENTER</b> <b>GROUP FITNESS SCHEDULE</b>			<b>1</b> 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow  4:45pm Water Exercise	<b>2</b> 5:30am Cardio Tabata 6:15am Step/Core  4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Cycle Xpress	<b>3</b> 5:30am RIP 6:15am RIP 7:00am Core Strength	<b>4</b>  7:00am Boot Camp
<b>5</b>  4:00pm Soul Cycle	<b>6</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP	<b>7</b> 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	<b>8</b> 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow N  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress	<b>9</b> 5:30am Cardio Tabata 6:15am Step/Core  4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Cycle Xpress	<b>10</b> 5:30am RIP 6:15am RIP 7:00am Core Strength	<b>11</b>  7:00am Boot Camp
<b>12</b>  4:00pm Soul Cycle	<b>13</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>14</b> 5:30am Yoga Flow 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	<b>15</b> 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow  5:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress	<b>16</b> 5:30am Cardio Tabata 6:15am Step/Core  4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Cycle Xpress	<b>17</b> 5:30am RIP 6:15am RIP 7:00am Core Strength	<b>18</b>  7:00am Boot Camp
<b>19</b>  4:00pm Soul Cycle	<b>20</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>21</b> 5:30am Step 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	<b>22</b> 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow  5:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress	<b>23</b> 5:30am Cardio Tabata 6:15am Step/Core  4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Cycle Xpress	<b>24</b> 5:30am RIP 6:15am RIP 7:00am Core Strength	<b>25</b>  7:00am Boot Camp
<b>26</b>  4:00pm Soul Cycle	<b>27</b> 5:30am RIP 6:15am RIP 7:00am Core Strength  4:45pm Water Exercise 5:45pm Cycle Xpress 6:15pm RIP 7:00pm Yoga Flow	<b>28</b> 5:30am Yoga Flow 6:15am Cardio Tabata  4:45pm Cycle Xpress 5:15pm Core Strength 5:45pm Zumba	<b>29</b> 5:30am Boot Camp 6:15am Boot Camp 7:00am Yoga Flow  4:45pm Water Exercise 5:15pm Cycle Xpress 5:45pm Cycle Xpress	<b>30</b> 5:30am Cardio Tabata 6:15am Step/Core  4:45pm Cycle Xpress 5:15pm PiYo 5:45pm Zumba in Gym 5:45pm Cycle Xpress	<b>31</b> 5:30am RIP 6:15am RIP 7:00am Core Strength	

# Group Fitness Class Descriptions

<p><b>RIP (Group Barbell Strength)</b> Strength format using barbell and plates. High repetitions, changing angles and tempo, head to toe, we will work it all! RIP is set to fun motivating music in a professionally set routine – thoroughly tested and approved by Group RX. New release quarterly -new music with new moves = Results!</p>	<p><b>Zumba</b> Zumba is a Latin inspired, dance fitness class. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic approach to achieve a blended balance of cardio and muscle toning benefits.</p>
<p><b>STEP</b> Step onto, over and around the step platform that has adjustable risers. Great Cardio workout- burning immediate calories. You can expect to feel strong legs and glutes and a functionally fit core! Fun music and energy in this class!</p>	<p><b>Cardio Tabata</b> Each tabata set will involve alternating high intensity exercises for 20 seconds followed by 10 seconds of rest for a total of 4 minutes. Instructor will show intensity options. There will be a warmup and cool down stretch.</p>
<p><b>Water Exercise</b> Water Exercise uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities. This 60 minute class offers a full body, low impact workout, using equipment to increase resistance and, in turn, benefits.</p>	<p><b>Core Strength</b> 30 minute class. Instructor will lead members thru a sequences of exercises using a <u>variety of equipment</u>. Focus will be on our core (abdominals – back – shoulders and hip stabilizers). Instructor will encourage members to find their starting point and progress with proper form.</p>
<p><b>PiYo</b> PiYo combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. PiYo speeds things up by introducing dynamic, flowing sequences that burn serious calories at the same time toning your muscles and increasing flexibility!</p>	<p><b>Cycle Xpress</b> 30 minute Cycle class. Instructor will lead members in a warm-up – followed by a variety of drills on your bike, changing resistance and RPM. Rolling and steep climbing hills – flat racing – sprints –and much more! The ride will fly by and burn serious calories. Bring water and a towel!</p>
<p><b>Soul Cycle</b> 30 Minute Cycle Xpress class with “Inspirational” Music!</p>	<p><b>Boot Camp</b> Circuit format with stations set up and/or instructor led drills. May use the Wellness Center Gym for part of class. Use variety of equipment as well as body weight exercises. Fun class to push yourself to your limits! As always options given for all fitness levels!</p>