



spring 2012 (Temporary)

# Group Fitness Schedule

for more info: [shsu.edu/recsports](http://shsu.edu/recsports) | 936.294.1985

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6:45 AM		CycleFit [45min] RB1   Callye					
8:00 AM			<i>New!</i> Sunrise Yoga [60min] MP1   Katie	CycleFit [45min] RB1   Andrea			
10:00 AM						Yoga Flow[45min] MP1   Katie	
11:00 AM	<i>New!</i> CycleFit Xpress[30min] RB1   Andrea					Zumba [45min] MP1   George	
11:45 AM	Core [30min] MP1   Andrea		Simply Strength [30min] MP1   Ashley	<i>New!</i> CycleFit Xpress[30min] RB1   Hannah			
12:00 PM						<i>New!</i> **Xpress Abs [15min] MP1   George	
12:30 PM				Simply Strength [30min] MP1   Hannah			
4:15 PM	Yoga I [30min] MP1   Katie				Step I [45min] MP1   Hannah		
4:45 PM		Step I [30min] MP1   Pam					Step I [30min] MP1   Pam
5:00 PM	Cardio Kick [30min] MP1   Tara		Core [30min] MP1   Jilleen				<i>New!</i> Bike Boot Camp [45min] RB1   Kelly
5:15 PM			CycleFit [45min] RB1   Hannah	Step II [45min]MP1   Kelly Cycle & Strength [60min]RB1  Callye	Simply Strength [30min] MP1   Hannah		
5:30 PM							Zumba [45min] MP1   Zakiya
5:45 PM	Step I [30min] MP1   Pam		Step I [30min] MP1   Jilleen				
6:00 PM		Zumba [45min] MP1   George					
6:15 PM			Cardio Kick [30min] MP1   Tara	<i>New!</i> **Xpress Abs [15min] MP1   George			
6:30 PM	<i>New!</i> Boot Camp [45min] MP1   Ashley						
6:45 PM	CycleFit [45min] RB1   Callye			Zumba [45min] MP1   George			
7:00 PM		Step Strength I [60min] MP1   Kelly	Zumba[45min] MP1   Zakiya				

MUST PRESENT CLASS PASS TO INSTRUCTOR BEFORE CLASS!  
\*\*-Denotes Free Classes, does not require a class pass

ALL CLASSES ARE FIRST COME FIRST SERVE UNTIL MAXIMUM CAPACITY IS REACHED. SHOULD ANY CLASS REACH MAXIMUM CAPACITY, INSTRUCTORS RESERVE THE RIGHT TO DENY ENTRY.

SHSU Students: \$2/class - \$40/sem  
Faculty/Staff: \$3/class - \$50/sem  
Non-SHSU Affiliates: \$4/class - \$60/sem

HOW TO USE THIS SCHEDULE  
Classes are listed according to this format:  
Class - length in minutes - location - leader

LEGEND  
MP1: Multi-purpose Room 1  
RB1: Racquetball Room 1

# Class Descriptions

## Cardio

- **Cardio Kickboxing -30/45:** Work on your jabs, crosses, kicks and cardiovascular fitness! Designed to introduce basic kickboxing form and technique while providing a great cardiovascular workout and toning all major muscle groups! All fitness levels welcome.
- **Step I -30/45:** New to step? This class is for you! A cardiovascular workout using the step bench with simple and fun moves choreographed to music.
- **Step Core I -45:** The perfect combination workout, involving basic level one step moves and effective core exercises suitable for any fitness level.
- **Step Strength I -60:** 30 minutes of basic Step I, followed by 30 minutes of total body strengthening exercises.
- **Step II -45:** A slight step up from Step I, this intermediate step class will introduce more challenging choreography while providing an intense cardio workout. \*Previous step experience recommended.
- **Zumba -45:** Add some flare to your workout and shake your cha-cha! This Latin-inspired group fitness class incorporates Latin music with fun, easy to do dance moves. The interval style training and fun music will be just what you need to spice up your workout routine! No dance experience required!

## Strength & Conditioning

- **Xpress Abs-15:** Our 15-minute express workout to help you work on getting those flawless abdominal muscles you've always wanted! Only targeting the abdominal muscles, this class is quick, fun and effective!
- **Core -30:** In this 30-minute express workout, target the most important muscles of the body. While focusing on all the muscles of the core, starting from the shoulders down to the hips, work on improving posture, balance and increasing stabilization.
- **Simply Strength-30:** Want a full body toning experience but don't have a lot of time? This class targets every major muscle group utilizing different equipment such as weights, stability balls and resistance bands. Learning to perform these multi-group muscle exercises will help you improve your muscular strength and endurance while maximizing your time.
- **Boot Camp-45:** A high-intensity class aimed at improving your cardiovascular and muscular fitness and agility. Using a variety of equipment and body-weight exercises, this interval-based class will help you achieve your fitness goals in no time! All fitness levels welcome.
- **Bike Boot Camp-45:** Our favorite boot camp class mixed with cycling intervals using our CycleFit bikes, will help you achieve your fitness goals while adding variety to your workout! No previous cycling experience necessary. Instructor will help with bike set up. A water bottle and towel are recommended.

## CycleFit

- **CycleFit Xpress-30:** Jump on the CycleFit Xpress to get your cycling workout in *fast*. Just like our CycleFit-45 class but compacted into a quick 30-minute cycling sesh!
- **CycleFit -45:** Our indoor cycling program open to participants of all fitness levels. The classes simulate riding outdoors through varied terrain including flats, hills & sprints. Your workout is what you make it!
- **Cycle & Strength -60:** A 30-minute express ride followed by 30 minutes of total body sculpting exercises.

## Yoga

- **Yoga I-30:** An introductory class including basic postures (asanas), breathing techniques, and sun salutations that help improve flexibility and strength and eliminate stress.
- **Yoga Flow -45/60:** Slightly quicker paced than Yoga I, work on linking your breathing with an elegant flow of postures. Yoga Flow incorporates flowing sequences and movements to achieve total body strength, balance, stamina and control. All levels looking for a challenge welcome.
- **Sunrise Yoga-60:** Start your day off right with this relaxing, morning yoga class designed for the early yogi. Work on your sun salutations and different poses to help increase overall strength and flexibility leaving you feeling prepared for the day to come.

