

SPRING 2019 GROUP X SCHEDULE

	MON	TUES	WED	THURS	FRI	SUN
7:00-7:45 AM	YOGA / MP2		CYCLE FIT / MP2			
12:00-12:45 PM					YOGA / MP2	
1:00-1:45 PM					BARRE TONING / MP1	
4:15-4:45 PM		KAT FIT / RB1		KAT FIT / RB1		
5:15-5:45 PM			KAT FIT / RB1			
5:15-6:00 PM	HIGH FITNESS / MP2 BARRE TONING / MP1	YOGA / MP2 HARDCORE BOOTY BLAST / MP1	CYCLE FIT / MP2 PILATES-YOGA FUSION / MP1	BARRE TONING / MP1 HIGH FITNESS / MP2 KAT FIT / RB1		
6:15-7:00 PM	CYCLE FIT / MP2 ZUMBA / MP1	BARRE TONING / MP1 CYCLE FIT / MP2 KATFIT / RB1	BARRE TONING / MP1 HARDCORE BOOTY BLAST / MP2	10 ROUNDS / MP1 CYCLE FIT / MP2		10 ROUNDS / MP1
7:15-8:00 PM	YOGA / MP2	PILATES-YOGA FUSION / MP2	YOGA / MP2	YOGA / MP2		TOTAL BODY TONING / MP2

GET MORE INDIVIDUALIZED WORKOUTS
WITH OUR SPECIALTY CLASSES

LUNCH TIME CRUNCH TIME &
SPRING BREAK FIT CAMP - SEE
SHSU.EDU/FITNESS FOR MORE INFO.

BUY A PASS TODAY
\$55 STUDENTS / \$65 NON-STUDENTS

GROUPX CLASS DESCRIPTIONS

CARDIO

Some of the benefits of cardio-based classes include: Improved endurance, stronger heart, increased fat loss, and reduced stress just to name a few! Your cardio-based classes at SHSU Rec Sports include:

Cycle Fit

This indoor cycling class consists of varying speeds, resistance levels, and intensities targeted at raising your heart rate and strengthening your lower body while taking you through a variety of sprints and hills.

10 Rounds

Gloves are not a fashion statement in this high-intensity interval-training workout. Your instructor will lead you through explosive rounds on the punching bag where you will deliver different combinations that work your entire body!

Zumba

A fusion of Latin music and dance with fitness in mind. This fun, easy-to-follow workout is sure to get you up and moving!

High Fitness

Bigger, Better, HIGHer! HIGH Fitness is simple, intense, and fun! HIGH takes old-school fitness to the next level with modern fitness techniques such as interval training, plyometrics, intervals of strength and cardio, and more.

MIND BODY

Some of the benefits of mind body classes include stronger core, improved flexibility, reduced stress levels, and muscular strength and endurance. Your mind body classes at SHSU Rec Sports include:

Yoga

This mind-body class does more than improve flexibility. Gain balance, core strength, muscular strength, and endurance, and leave feeling relaxed.

Pilates-Yoga Fusion

Strengthen and tone your entire body in this fast-paced class that combines exercises from Pilates and Yoga. Come work your way to sculpted abdominals, increased core strength, and greater stability!!

STRENGTH

Some benefits of strength-based classes include: higher metabolism, stronger and toned muscles, less tension, improved physique. Your strength-based classes at SHSU Rec Sports include:

Barre Toning

Meet us at the barre and experience a fun full body workout that incorporates ballet, yoga, and Pilates to strengthen, tone, and stretch. This is far from a dance class!

HardCORE Booty Blast

Everything you love about Booty Blast and HardCORE combined into one great workout. You can expect ab tightening core workouts with exercises sure to set your glutes on fire!

Kat Fit

Get burning during this full-body, interval-training workout coached by a certified personal trainer. Whether your goal is to tone up, build muscle, or just get sweaty, Kat Fit is the right workout for everyone.

CARDIO & STRENGTH

Some benefits of Cardio and Strength based classes include: variety, high caloric burn, and increased metabolism. Cardio-strength based classes at SHSU Rec Sports include:

Spring Break Fit Camp

Work with a certified personal trainer for a fraction of the cost through intervals, weights, and core training. This class will help you get ready for summer in the healthiest way. See pg. 9 for details.

Lunch Time Crunch Time

This shortened full body interval workout is sure to give you everything you need to reach your fitness goals while giving you the energy you need to get through the rest of your day. Challenge your endurance, strength, and power during this 6-week class. Work with a certified trainer. See pg. 9 for details.

Summer Shred Fit Camp

Come join us for our after Spring Break Fit Camp to work with a certified personal trainer for a fraction of the cost through intervals, weights, and core training - get ready for summer! See pg. 9 for details.