

GROUP FITNESS

SPRING 2024

MONDAY

12:15pm-12:45pm
Raider Strong
Courtney
Functional Fitness Room

4:45pm-5:45pm

Restorative Yoga

Jordan

Aerobics Room

5:00pm-5:30pm
Raider HIIT
Courtney
Functional Fitness Room

6:00pm-6:45pm
Power Yoga
Gracie
Aerobics Room

6:30pm-7:30pm

Cycle + Yoga

Madeline + Gracie

Cycle Room/Aerobics Room

6:45pm-7:30pm
Cardio + Core
Zoey
Functional Fitness Room

7:45pm-8:15pm

Dance Fit Quick!

Jasmine

Aerobics Room

NEW!

TUESDAY

12:15pm-12:45pm
Cardio + Core
LB
Functional Fitness Room

4:30pm-5:15pm
POUND®
Morgen
Aerobics Room

5:00pm-5:45pm

Functional Strength

Ethan

Functional Fitness Room

5:30pm-6:15pm
Power Yoga
Gracie
Aerobics Room

5:45pm-6:30pm
Cycle
Madeline
Cycle Room

6:00pm-6:45pm
Cardio + Core
Zoey
Functional Fitness Room

6:30pm-7:15pm

Dance Fit

Annissia

Aerobics Room

WEDNESDAY

12:15pm-12:45pm

Functional Strength

Courtney

Functional Fitness Room

5:00pm-5:45pm Raider Strong Tam Functional Fitness Room

5:00pm-6:00pm

Restorative Yoga +

Meditation

Jordan

Aerobics Room

6:00pm-6:30pm

Raider HIIT

Anna

Functional Fitness Room

6:15pm-7:15pm
Yin Yoga
Tam
Aerobics Room

6:45pm-7:30pm
Cardio + Core
Madeline
Functional Fitness Room

7:30pm-8:15pm

Dance Fit

Jasmine

Aerobics Room

N E W!

THURSDAY

FRIDAY

11:30am-12:00pm

Dance Fit Quick!

Jasmine

Aerobics Room

12:15pm-12:45pm

Restorative Yoga

Gracie

Aerobics Room

12:15pm-12:45pm
Raider HIIT
LB
Functional Fitness Room

4:45pm-5:30pm
Cardio + Core
Anna
Functional Fitness Room

5:00pm-5:45pm

Dance Fit

Annissia

Aerobics Room

5:15pm-6:00pm Cycle Madeline Cycle Room

5:45pm-6:30pm

Functional Strength

Ethan

Functional Fitness Room

6:00pm-6:45pm
Power Yoga
Tam
Aerobics Room

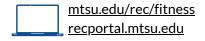
7:00pm-8:00pm

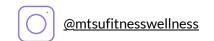
Restorative Yoga +

Meditation

Jordan

Aerobics Room







GENERAL INFO

• Schedule runs January 16th-April 19th

No classes: March 4th-8th

- Register for classes in advance at <u>recportal.mtsu.edu</u>
 Drops-in welcome if the class is not full
 You have to re-register for classes each week you attend
- FREE for MTSU students (no pass needed)
- Non-students (with active Rec Center Membership):
 Group Fitness Pass \$30/semester
 Single Class Pass \$2/class





- All necessary equipment provided, just bring water in a sealable container
- Classes are closed and participants will not be let in 3 minutes after start time
 *Cycle classes close at start time
- Individuals of all abilities and experience levels welcome!

DESCRIPTIONS

CARDIO-FOCUSED

Cardio + Core - increase your cardiovascular fitness and increase the strength, endurance, and stability of all the vital core muscles

Cycle - utilizing stationary cycle bikes, this no-impact, high-intensity class will challenge your cardiovascular and muscular strength and endurance

Raider HIIT - High-intensity interval training (HIIT) focuses on short bursts of high-intensity movements with frequent rests to train your heart rate

COMBINATION

Cycle + Yoga - this class will start with a cycle class to work your cardio fitness and then move to a yoga practice for muscle recovery and relaxation

DANCE

Dance Fit - learn new moves and have a great time moving in this hip-hop-based class that will keep the fun going the whole time

POUND® - this full body cardio-jam session is inspired by the infectious, energizing, and sweat-dripping fun of playing the drums

MIND + BODY

Power Yoga - build endurance and strength while working on flexibility, stability, mobility, and relaxation through yoga poses and breath work

Restorative Yoga - use this practice to rest and renew your mind and body through long holds in restorative poses and breathwork

Restorative Yoga + Meditation - combine the elements of Restorative Yoga with meditation to help you connect with your mind and body while relaxing

Yin Yoga - this practice will focus on poses that release tension and tightness in tendons and ligaments to increase flexibility

STRENGTH-FOCUSED

Functional Strength - using equipment like the TRX®, kettlebells, and bands, train your body for everyday movements with light-moderate loads **Raider Strong** - work your muscles for strength, power, and endurance using a variety of equipment and your body weight

ROOM LOCATIONS

Aerobics Room

Go up the stairs across from the Equipment Desk, go straight ahead at the top of the stairs

Cycle Room

Go up the stairs across from the Equipment Desk, turn left, follow the hallway past the Cardio Room and the room is at the end of that hallway

Functional Fitness Room

Turn to the right immediately past the Equipment Desk/before the stairs and the room is on the right, across from the Indoor Pool