

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
Annisia
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

NEW!

THURSDAY

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
Annisia
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

FRIDAY

11:30am-12:00pm
Dance Fit Quick!
Jasmine
Aerobics Room

NEW!

12:15pm-12:45pm
Restorative Yoga
Gracie
Aerobics Room



GENERAL INFO

- Schedule runs January 16th-April 19th
No classes: March 4th-8th
- Register for classes in advance at recportal.mtsu.edu
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!

REGISTER



PASSES



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