

MONDAY

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



3:45pm-4:45pm
Restorative Yoga
Mira
Aerobics Room



4:45pm-5:30pm
Functional Strength
Ethan
Functional Fitness Room



TUESDAY

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



3:45pm-4:45pm
Power + Yin Yoga
Tam
Aerobics Room



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



WEDNESDAY

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



3:45pm-4:30pm
Functional Strength
Ethan
Functional Fitness Room



4:45pm-5:45pm
Yin Yoga
Mira
Aerobics Room



THURSDAY

12:15pm-12:45pm
Power Yoga
Tam
Aerobics Room



3:45pm-4:30pm
Dance Fit
Jasmine
Aerobics Room



DESCRIPTIONS

CARDIO-FOCUSED

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

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

STRENGTH-FOCUSED

Functional Strength - utilize functional movements, light loads, and mobility to build muscular endurance and move more freely

Raider Strong - work your muscles for strength, power, and endurance using a variety of equipment and your body weight

MIND & BODY

Power Yoga - build endurance and strength while working on flexibility, stability, and mobility through 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

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

STRENGTH + CARDIO

Raider HIIT - High-intensity interval training focuses on short bursts of high-intensity movements and short rests for endurance work



Strength



Cardio



Mind & Body



Dance



mtsu.edu/rec/fitness
recportal.mtsu.edu



@mtsufitwell
@mtsucampuslife



fitness@mtsu.edu

GENERAL INFO

Dates

- June 3th-August 1st
No classes: Juneteenth (6/19) and 4th of July (7/4)

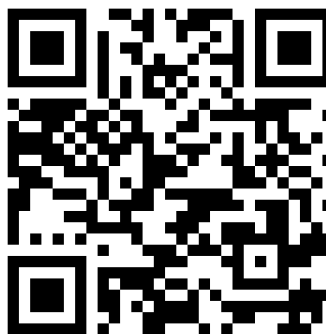
Registration

- recportal.mtsu.edu
- Drops-in welcome if the class is not full
- Register for classes each time you attend

Passes

- FREE for MTSU students (*no pass needed*)
- Faculty/Staff and other Rec Center Members
 - Summer Pass - \$15
 - Single Class Pass - \$2/class

PASSES



REGISTER



KNOW BEFORE YOU GO!



all equipment provided
you're welcome to bring your own mat



don't forget water
make sure it's in a sealable container



classes close 3 mins
after start time
cycle classes close AT start time

all abilities &
experience levels
welcome!



ROOM LOCATIONS

All classes are located in the Recreation Center. When you enter the building, turn left and scan your MTSU ID at the turnstiles. Once you walk down the hallway and see the climbing wall, follow the directions below for each room.

AEROBICS ROOM

1. Go up the stairs or elevator across from the Equipment Desk
2. Go straight ahead at the top of the stairs

CYCLE ROOM

1. Go up the stairs or elevator across from the Equipment Desk
2. Turn left at the top
3. Follow the hallway all the way past the Cardio Room
4. The room is at the end of the hallway

FUNCTIONAL FITNESS ROOM

1. Turn to the right immediately past the Equipment Desk (before the stairs)
2. Continue down the hallway along the glass walls of the indoor pool
3. The room is on the right (with frosted glass walls and doors)