



Group X Schedule Spring 2019

Indiana State University Campus Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																
6am		RealRyder <i>(cycle studio)</i>	BodyPump <i>(group x room)</i>	RealRyder <i>(cycle studio)</i>																			
7am		Yoga <i>(main group x room)</i>		Yoga <i>(main group x room)</i>																			
9am						BodyPump <i>(main group x room)</i>																	
10:15am						Yoga <i>(main group x room)</i>																	
11am	Water Aerobics <i>(pool)</i>		Water Aerobics <i>(pool)</i>																				
12pm	RealRyder Xpress* <i>(cycle studio)</i>	Power Yoga Flow <i>(main group x room)</i>	Kettlebells Xpress* <i>(main group x room)</i>	Yoga <i>(main group x room)</i>																			
4pm	BodyPump <i>(main group x room)</i>		BodyPump <i>(main group x room)</i>	Bootcamp <i>(main group x room)</i>	<table border="1"> <thead> <tr> <th colspan="2">Class Key</th> </tr> </thead> <tbody> <tr> <td></td> <td>= Strength</td> </tr> <tr> <td></td> <td>=Yoga/ Mind Body</td> </tr> <tr> <td></td> <td>= Core</td> </tr> <tr> <td></td> <td>= Cardio Strength Mix</td> </tr> <tr> <td></td> <td>= RealRyder/Cycle</td> </tr> <tr> <td></td> <td>= Zumba</td> </tr> <tr> <td></td> <td>=Aqua</td> </tr> </tbody> </table> <p>Xpress*= 30 min class</p>			Class Key			= Strength		=Yoga/ Mind Body		= Core		= Cardio Strength Mix		= RealRyder/Cycle		= Zumba		=Aqua
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4:30pm	Core Xpress* <i>(combatives room)</i>																						
5:15pm	HIIT Xpress <i>(main group x room)</i>	BodyPump <i>(main group x room)</i>	RealRyder <i>(cycle studio)</i>	BodyPump <i>(main group x room)</i>																			
	Yoga Pilates <i>(combatives room)</i>	RealRyder Strength <i>(Cycle and combatives room)</i>	Bootcamp <i>(main group x room)</i>																				
5:45pm			Core Xpress* <i>(combatives room)</i>																				
6:30pm	Zumba <i>(main group x room)</i>	Zumba <i>(main group x room)</i>																					
7:45pm		Intermediate Yoga <i>(main group x room)</i>	Yin Yoga <i>(main group x room)</i>																				



Class Descriptions

BodyPump™

This is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. NO dance moves. NO impact. Just free weights, a bar, a step, and lots of fun!

Bootcamp

Come to class ready to work! By using many exercises that mimic everyday movements and sports specific motions, your cardiovascular system will be challenged in a fun and fast paced environment. This is designed for exercisers at all levels.

Core Xpress

This 30 minute class is all about strengthening and stabilizing ALL core muscles-abdominals, lower back, and hips. Designed for all fitness levels, this class will include a large variety of exercises and intensities to work your entire core.

HITT Xpress

This interval-based class is a total body, heart pumping, aerobic and strength conditioning workout. Combining strength training, high intensity cardio bursts and short active recovery periods, HITT express is designed to improve your endurance in just 30 minutes.

Intermediate Yoga

This instructor assistance practice offers a faster pace practice. Students will explore more complex movements and sequences including twists, options for inversions and arm balances layered over solid foundations.

Kettlebells Xpress

Have you always wondered how to use kettlebells but were afraid to try? Attend this class and learn proper technique, improve range of motion and increase strength. In just 30 minutes you will experience a challenging total body workout that saves time and burns calories.

Power Flow Yoga

In this fitness-based style flow, students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and core strength while cleansing the body and calming the mind. You can expect a great cardiovascular and strength building workout.

RealRyder® Cycle

Open to beginners up to advanced riders, of all fitness levels, come join us for a high-energy aerobic workout on the RealRyder®! Unlike a traditionally stationary bike, the RealRyder® moves more like a real bike, from side to side for cornering. If this is your first time, please come 15 minutes early so the instructor can help set the proper height for you. Don't forget your water bottle!

RealRyder® Strength

Add some strength training to your regular cycle workout by getting off the bike and using body weight, light dumbbells and core strengthening. 50% of the class is cycling and 50% is spent on strength training.

Yin Yoga

In this slower-paced session, postures and restorative poses are held for extended periods of time. Attention to the breath gently stretches the body to target the connective tissues helping to increase circulation in the joints while improving flexibility. Props such as bolsters will be used to ensure comfort and proper alignment.

Yoga

Increase flexibility, muscle endurance and relieve stress by taking part in this popular class. Bringing your own mat to class is recommended, as there are only a limited number of mats available.

Yoga-Pilates Fusion

This class is a mix of the stretching and relaxation benefits of yoga, with the addition of the sculpting, core focused movements prominent in a typical Pilates class. These elements are combined into an hour workout that will get your body moving, help you connect with your breathing and alignment, and help strengthen your muscles.

Water Aerobics

Join us in our fabulous pool for a low impact workout in the water. The class starts with a warm up, moves into an aerobic segment, includes cool down, and finishes with stretches. All movements are done in shallow water.

Zumba

If you're bored with the "same old thing" in your workout, then join THIS party! This fitness craze will get your MOVING! Moves are based on Latin dance and music, including cumbia, merengue, salsa, mambo, reggaeton, flamenco, and rumba. Zumba utilizes principles of fitness interval training and resistance with easy to follow dance steps.