

# FITNESS SCHEDULE

FALL 2017

## MONDAY

6:15-7:00a	RAIDER FIT Tyler	
12:15-12:45p	TRX Caleb	
4:30-5:30p	STEP Martha	PLYO Meredith
5:45-6:45p	ZUMBA Chelsea	
7:00-8:00p	RAIDER FIT Jen	

## TUESDAY

6:15-7:00a	POWER YOGA Kala	BUNS & GUNS Anna
12:15-12:45p	CYCLING Josh/Nicole	
4:30-5:30p	DANCE FIT Joanna	KETTLEBELL Joshua M.
5:45-6:45p	POP PILATES Alex	RAIDER FIT Anna
7:00-8:00p	BODY SHRED Sam	

## WEDNESDAY

6:15-7:00a	TRX Ariel	
12:15-12:45p	YOGA Kala	
4:30-5:30p	YOGA Kala	PLYO (4:45p) Meredith
5:45-6:45p	ZUMBA Chelsea	BUNS & GUNS Joanna
7:00-8:00p	RAIDER FIT Jen	

## THURSDAY

6:15-7:00a	YOGA (6:30-7:30a)	RAIDER FIT Tyler
12:15-12:45p	RAIDER FIT Josh S.	
4:30-5:30p	DANCE FIT Joanna	BODY SHRED Sam
5:45-6:45p	RAIDER FIT Anna	
7:00-8:00p	YOGA Kala	

## FRIDAY

6:15-7:00a	RAIDER FIT Tyler	
12:15-12:45p	DANCE FIT Joanna	

## SATURDAY

10:00-11:00a	TAI CHI Eli	
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Campus Recreation

MIDDLE TENNESSEE STATE UNIVERSITY

For more information: [josh.stone@mtsu.edu](mailto:josh.stone@mtsu.edu)

### All-Access Class Pass:

\$30/ Students  
\$35/Campus Rec Members

### Functional Fitness Studio

is open to members of the facility outside of normal class times.

■ Upstairs Studio    
 ■ Functional Fitness Studio    
 ■ Cycle Studio

# CLASS DESCRIPTIONS

## Body Shred

A full-body workout that incorporates strength exercises and short bursts of cardio circuits. Modifications are always encouraged and welcomed.

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## Buns & Guns

Target your arms, legs, and glutes in this 45-minute strength-training class.

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## Cycling

Cycling class will get the feet moving and the heart pumping by combining strength and endurance components with aerobic and anaerobic training on a stationary bike. All levels welcome.

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## Dance Fit

An intense cardio class designed to tone and shape the body while dancing to a variety of foreign dance hits and mixes. As a fun alternative to gym workouts, the class involves aerobic/fitness movements and work with low-weight dumbbells. With regular visits, Dance Fit will elevate your mood making you strong and confident!

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## Kettlebell

Shed weight and tone muscles with this total body, strength-building class using kettlebells. Through a variety of burst exercises with the incorporation of anaerobic and aerobic conditioning, every participant will sweat their way to their fitness goals.

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## Plyo

A cardio-based workout filled with jump training and conditioning that will get your heart rate pumping and your muscles toned. In short intervals of time, you will work on strength, speed, and power for an effective, full-body workout!

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## POP Pilates®

A mat-based workout choreographed to upbeat pop songs. This fun workout will teach you the importance of breath while engaging your core and toning your body.

## Power Pump

Power Pump uses body-weight exercises and an adjustable barbell loaded with weight plates. You will participate in exercises like lunges, presses, curls and squats to increase muscle strength. It is a low-weight, high-rep class!

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## Power Yoga

This type of yoga uses an athletic format. It requires focused alignment, emphasizing muscular strength and flexibility linking breath to movement.

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## Raider Fit

Raider Fit will challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility, and endurance.

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## Tai Chi

This ancient art uses gentle-flowing movements to reduce the stress of today's busy lifestyles and improve health. It may look easy, but it gives you a great, low-impact workout!

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## Step

A choreographed routine on a raised platform that allows for high-intensity and low-intensity workout options. You'll get a great cardio workout, tone those legs, and have a blast!

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## TRX

This suspension-training system will provide training for strength and functional fitness. Workout movements are simple but provide maximum results in a short period of time. Come tryout this new training system!

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## Yoga

Yoga helps you to build strength, increase flexibility, and find focus. This class will consist of a variety of yoga postures that are linked together in a series while focusing on the breath.

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## Zumba®

A fusion of Latin and international music/dance themes that create a dynamic and exciting workout based on the principle that a workout should be FUN. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.