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<th>MON</th>
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<tr>
<td>YOGA 7:00AM-7:45AM</td>
<td>CORE 7:00AM-7:30AM</td>
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<td>YOGA 8:00PM-8:45PM</td>
<td>TEXPRESS 12:15PM-12:45PM</td>
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<td>CYCLE 6:00AM-6:45AM</td>
<td>BODY TONE 6:15PM-7:00PM</td>
<td>CYCLE 5:15PM-6:00PM</td>
<td>SPORTS &amp; FITNESS PERFORMANCE 5:15PM-6:00PM</td>
<td>CYCLE 5:15PM-6:00PM</td>
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<td>SWEAT 6:15PM-7:00PM</td>
<td>YOGA 7:15PM-8:00PM</td>
<td>BODY TONE 6:15PM-7:00PM</td>
<td>SWEAT 6:15PM-7:00PM</td>
<td>YOGA 7:15PM-8:00PM</td>
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<td>HIP HOP 8:15PM-9:00PM</td>
<td>WERQ® 8:15PM-9:00PM</td>
<td>HIP HOP 8:15PM-9:00PM</td>
<td>MIXXEDFIT® 8:15PM-9:00PM</td>
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**CARDIO STRENGTH DANCE MINDBODY**

REGISTER ON THE TAMUC REC APP OR IMLEAGUES.COM/TAMUC!
**CLASS DESCRIPTIONS**

- **Body Tone** – Overload all major muscle groups with our choreographed total body strength workout that concentrates on using a variety of equipment.

- **Core** – Have a short time to work out? Join us in our 30 minute core class built for all levels. Together we will focus on your body’s midsection to enhance strength, stability and balance!

- **Cycle** – Get ready for the ride of your life! This 45 minute class is guaranteed to make you sweat and get your heart rate up! Blast through hills, sprints, flats rounds and other various terrain for an authentic cycle experience.

- **Hip Hop** – Maximize your cardio in our exciting, high energy hip-hop dance class. Embrace your self-expression, physical challenges, and healthy competition with sassy hip hop movements for all dance levels.

- **MixxedFit®** – This innovative dance fitness class incorporates different elements, all of which are designed to tone, strengthen, and increase endurance. A people inspired fitness program that combines explosive dance movements with bodyweight toning and moves that will have you feeling like you are at the club!

- **S.W.E.A.T** – Come do it all with Strength, Weight, Endurance, and Agility Training (S.W.E.A.T). This quick and effective workout is sure to get your heart rate up while focusing on total body conditioning. Join us for this fun and inclusive circuit that will keep you energized and motivated!

- **Sports & Fitness Performance** – Take your work out to the next level by training like an athlete! Exercises will focus on developing sport specific skills such as speed, power, strength and endurance! This class will start off in the activity room, but weather permitting will meet out on the MAC.

- **TEXpress** – The ultimate calorie burning lunch time workout has arrived! In 30 minutes, you’ll get an extremely effective in and out workout focusing on high intensity periods of strength and cardiovascular intervals.

- **WERQ®** – WERQ it out in our fiercely, fun dance fitness class highlighting pop, rock, and hip hop music!

- **Yoga** – Explore the practice of yoga to strengthen, tone and gain flexibility. Join us on a journey to find a calm and relaxed mind in a safe space where all levels are welcome!

**SPECIAL EVENTS**

- **St. Patrick’s Cardio Clover Circuit**
  - March 17
  - 6:15pm-7:00pm
  - MRC

- **Zumba & Zen**
  - March 26
  - 6:15pm-7:00pm
  - Amphitheater

- **Glowchella**
  - April 9
  - 5:15pm-6:00pm
  - MRC

- **EGGercise Bootcamp**
  - April 13
  - 5:00pm-6:00pm
  - Amphitheater

READ MORE ABOUT OUR EVENTS ON THE TAMUC COMMUNITY CALENDAR!