# GROUP FITNESS SCHEDULE

**FALL 2014**

August 25-December 5

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CLASS</th>
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<tbody>
<tr>
<td>Monday</td>
<td>11:00am-12:00pm</td>
<td>Aquarobics*</td>
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<tr>
<td></td>
<td>12:30pm-1:00pm</td>
<td>Butts &amp; Guts</td>
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<td></td>
<td>5:30pm-6:30pm</td>
<td>Zumba</td>
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<td></td>
<td>6:45pm-7:45pm</td>
<td>Pilates</td>
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<td>8:00pm-9:00pm</td>
<td>Sassy Sweat</td>
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<td>Tuesday</td>
<td>7:00am-7:45am</td>
<td>TRX: Strong &amp; Lean</td>
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<td></td>
<td>7:50am-8:00am</td>
<td>Rise &amp; Shine Abs</td>
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<td></td>
<td>12:30pm-1:00pm</td>
<td>Cycle Express</td>
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<td></td>
<td>5:30pm-6:30pm</td>
<td>Yoga Experience</td>
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<td>6:45pm-7:45pm</td>
<td>Strength Training</td>
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<tr>
<td>Wednesday</td>
<td>11:00am-12:00pm</td>
<td>Aquarobics*</td>
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<td>8:00pm-9:00pm</td>
<td>Hip Hop</td>
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<td>Thursday</td>
<td>7:00am-7:45am</td>
<td>TBC</td>
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<td>7:50am-8:00am</td>
<td>Rise &amp; Shine Abs</td>
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<td>Yoga Experience</td>
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<td>6:45pm-7:30pm</td>
<td>Athletic Conditioning</td>
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<td>7:35pm-7:45pm</td>
<td>Last Call: Abs &amp; Back</td>
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<td>Friday</td>
<td>12:30pm-1:00pm</td>
<td>Butts &amp; Guts</td>
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<td>4:00pm-5:00pm</td>
<td>Zumba</td>
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<tr>
<td>Saturday</td>
<td>11:15am-12:00pm</td>
<td>Athletic Conditioning</td>
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<td>12:05pm-12:15pm</td>
<td>Last Call: Abs &amp; Back</td>
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<td>Sunday</td>
<td>6:45pm-7:45pm</td>
<td>Night Rider</td>
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<td>8:00pm-9:00pm</td>
<td>Zumba</td>
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*Weather Permitting (August 26-October 9, 2014)
ATTEND ALL CLASSES FOR FREE!

GROUP FITNESS
CLASS DESCRIPTIONS

No previous skill required! No admittance 7 minutes after class has started. All participants must sign-in to participate in fitness classes. Classes are subject to change or cancel due to low participation. Participants must be 16 years or older to participate with proper MRC membership.

Aquarobics
Jump right in! Work on your balance, strength, and cardiovascular conditioning with this low-impact workout without stressing your joints and bones. Splashing is encouraged. *Class will take place in the outdoor pool August 26-October 9; weather permitting.

Athletic Conditioning
Take your cardio and strength to the next level with circuit training drills, cardio endurance tests, and muscle loading exercises that will improve your athletic abilities.

Butts & Guts
Focus on training and tightening all areas of the lower body and core in this express toning class.

Cycle Express
Get ready for the ride of your life! This thirty minute class will get your heart rate up blast through fat as you progress through hills, sprints, flats, and other various terrains for an authentic cycle experience. Want more? Try our hour-long cycle class, Night Rider.

Hip Hop
Get fit and learn fun choreography in this high-energy dance class. No prior dance experience necessary.

Pilates
This format focuses on strength and flexibility for the entire body, most specifically, deep stabilizing, core muscles.

Sassy Sweat
Bring on the attitude and sass! In this class you will learn sassy and flirty choreography, dance-inspired strengthening exercises, and deep stretches to help you get in touch with your inner diva/o.

TBC
Total Body Conditioning is a blast! This action-packed class includes athletic drills, cardio intervals, and strength training exercises that will help you sweat away the calories.

TRX: Strong & Lean
A total-body strength and conditioning circuit-style workout using TRX suspension training system. The TRX suspension trainer utilizes bodyweight exercises to develop strength, balance, flexibility, and core stability. Conclude your workout with a slow stretch to repair your muscles and leave you feeling stronger and leaner.

Strength Training
A full body workout that targets all muscle groups for a pure muscle toning experience. You’ll integrate strength and stretching exercises to produce stronger bone density, muscles, and increase your metabolism.

Yoga Experience
This class can be as challenging or relaxing as you want it to be. Whether you are on a pursuit for a physically toned, strong, or flexible body or on a journey for a calm and relaxed mind, this class is for you. No experience necessary.

Zumba
Ditch the workout, join the party! Groove to a blend of Latin and international beats in this incredibly fun fitness-based dance class. No dance experience needed.

Kia Williams-Fitness Coordinator
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