

# GROUP FITNESS

January 11 - March 5

## CLASS SCHEDULE

Spring 2021

M	T	W	TH
VIRTUAL <b>YOGA</b> 7:15-8:00am	VIRTUAL <b>CORE</b> 7:15-7:45am	VIRTUAL <b>YOGA</b> 7:15-8:00am	VIRTUAL <b>CORE</b> 7:15-7:45am
<b>CYCLE</b> 7:15-8:00am	<b>YOGA</b> 7:15-8:00am	<b>CYCLE</b> 7:15-8:00am	<b>YOGA</b> 7:15-8:00am
	<b>KETTLEBELL TRAINING</b> 8:15-9:00am		<b>KETTLEBELL TRAINING</b> 8:15-9:00am
<b>BODY TONE</b> 4:00-4:45pm	<b>BODY TONE</b> 4:00-4:45pm	<b>BODY TONE</b> 4:00-4:45pm	<b>BODY TONE</b> 4:00-4:45pm
<b>TRAMPOLEAN</b> 5:15-6:00pm		<b>TRAMPOLEAN</b> 5:15-6:00pm	
<b>HIP HOP</b> 6:30-7:15pm	<b>STEP AEROBICS</b> 6:30-7:15pm	<b>HIP HOP</b> 6:30-7:15pm	<b>STEP AEROBICS</b> 6:30-7:15pm
<b>YOGA</b> 7:30-8:15pm	<b>MIXXED FIT</b> 7:45-8:30pm	<b>YOGA</b> 7:30-8:15pm	<b>MIXXED FIT</b> 7:45-8:30pm
<b>DANCE2FIT</b> 8:45-9:30pm		<b>DANCE2FIT</b> 8:45-9:30pm	

CARDIO

STRENGTH

DANCE

MIND BODY

SCAN ME  
TO REGISTER



Campus  
Recreation  
A&M-COMMERCE

# 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 terrains for an authentic cycle experience.

**MixedFit®** - This innovative dance fitness class incorporates different elements, 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!

**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.

**Kettlebell Training** - Kettlebell training combines cardio, strength, and flexibility training into one easy workout. The class combines functional, compound exercises such as the swing, clean, and press that will work multiple muscle groups. Get ready and come join us for a full-body workout!

**Dance2Fit** - Dance2Fit is a fun, high-intensity workout that uses various types of popular hip hop music to create a rewarding full-body workout. Come join us for an uplifting experience that anyone can enjoy at their own pace.

**Step Aerobics** - Spice up your cardio workout with step aerobics! This high-energy class done to choreographed cardiovascular exercises targets different muscle groups while increasing endurance and body toning. Step it up and down, over and around, to the sound of your favorite beats!

**TrampoLEAN** - This low-impact, high-energy trampoline workout will improve balance, burn calories, and aid with core engagement, all while having a fun and effective workout that will elevate your heart rate and build lean muscle.

**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!

REGISTER ON THE TAMUC REC APP

[IMLEAGUES.COM/TAMUC](https://www.imleagues.com/tamuc)

[TAMUC.EDU/CAMPUSREC](https://www.tamuc.edu/campusrec)



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