














FALL 2019 (AUG 26 – DEC 12)

GROUP FITNESS SCHEDULE








MONDAY

12:15pm– 12:45pm	 Raider Fit Ashleigh	 Dance Fit Pinkie
5:00pm– 5:45pm	 CycleFit Lexi	 HIIT Ashleigh
6:15pm– 7:15pm	 WERQ® Sonya	 POP Pilates® Alex







TUESDAY

6:15am– 7:15am	 Barre Sherri	
12:15pm– 12:45pm	 Bodyweight Blast /Lexi	 Barre Sherri
5:00pm– 6:00pm	 Strong Body Hayes	 Zumba® Jennifer
6:15pm– 7:15pm	 Yin Yoga Kala	
7:30pm– 8:30pm	 Dance Fit Pinkie	





WEDNESDAY

6:15am– 7:15am	 POP Pilates® Alex	
12:15pm– 12:45pm	 Cycle30 Ashleigh	 Strong Body Carson
4:45pm– 5:30pm	 CycleFit Nicole	
5:00pm– 6:00pm	 Turbo Kick® Sarah	
5:30pm– 6:30pm	 Raider Fit Anna	
6:15pm– 7:15pm	 WERQ® Sonya	

THURSDAY

6:15am– 7:15am	 Raider Fit Hayes	
12:15pm– 12:45pm	 Barre Sherri	 TRX® Josh
5:00pm– 5:45pm	 HIIT Hayes	
5:00pm– 6:00pm	 Barre Sherri	
6:15pm– 7:15pm	 Dance Fit Pinkie	

FRIDAY

6:15am– 7:15am	 Yoga Kala	
12:15pm– 12:45pm	 Cycle30 Nicole	 Buns & Guns Wendy
5:00pm– 6:00pm	 Yoga Hannah	

SATURDAY

11:00am– 12:00pm	 Tai Chi Eli
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No classes held Sep 2, Oct 12-15, Nov 27-30.
Check updated schedule online at bit.ly/rec_groupfit

Registration required prior to the start of classes by visiting Rec Portal, Equipment Desk, or Campus Rec App.

All-Access Pass:

\$20	\$35	\$2
Students	Campus Rec Members	Drop-in Fee

Questions? fitness@mtsu.edu



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CLASS DESCRIPTIONS

BARRE

Barre classes mix elements of Pilates, dance, yoga, and functional training choreographed to motivating music. In each energizing and targeted workout, you will use the barre and exercise equipment (such as mini-balls and small hand weights) to sculpt, slim, and stretch your entire body.

BODYWEIGHT BLAST

This is a full-body workout that will challenge your strength, balance, coordination, and agility using only you and your body. Come ready to sweat and try something new!

BUNS & GUNS

This class focuses on light strength conditioning of the arms, legs and abs with a variety of weights such as kettlebells, dumbbells, and barbell plates. This class also provides basic knowledge on strength training ideal for those interested in weightlifting!

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. You will climb up hills, ride through valleys, and sprint on a flat roads. All fitness levels are welcome.

- CycleFit – 45-minute ride
- Cycle30 – Quick 30-minute version of CycleFit

DANCE FIT

A dance class designed to improve your cardio and fitness through a variety of movements. This class will take you step by step through the movements to create a fun and challenging final dance routine that will have you feeling stronger and more confident!

HIIT

High-Intensity Interval Training (HIIT) is a full-body workout that will alternate intense work to rest ratios to keep your heart rate guessing! You will leave this class feeling challenged and strong.

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.

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. Different equipment will be utilized to challenge your body and keep you motivated!

STRONG BODY

This class focuses on building strength and muscle through various forms of functional exercises and lifts. Strong Body focuses on working the entire body and will encourage participants to build lean body mass.

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.

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 try out this new training system!

TURBO KICK®

The ultimate cardio kickboxing experience, Turbo Kick is a fat-burning workout that combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. This high-energy cardio workout challenges the beginner and elite fitness enthusiast alike, and is perfect for anyone who enjoys choreographed routines or dance.

WERQ®

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ instructors build a playlist based on trendsetting pop and hip-hop music.

YIN YOGA

Yin yoga was developed to penetrate deep into connective tissue expanding flexibility while invigorating the energy centers of the body to release blockages and increase your energy flow. Focusing on static movement, breath work, and meditation to create a profoundly deep and rewarding practice. Passive poses are held for several minutes in this form of yoga.

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.

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.