

FITNESS SCHEDULE

SUMMER 2019
MAY 13 - AUG 10

MONDAY

12:15-12:45p	RAIDER FIT Ashleigh	POWER STRETCH Joanna
4:45-5:30p	CYCLE FIT Nicole	
5:00-6:00p	WERQ Sonya	
5:30-6:30p	BUNS & GUNS Alex	

TUESDAY

6:15-7:15a	POP PILATES Alex	
12:15-12:45p	BARRE Sherri	STRONG BODY Joanna
5:00-5:45p	CYCLE FIT Lexi	
5:00-6:00p	YOGA Kala	
6:00-7:00p	BUNS & GUNS Wendy	

All-Access Class Pass:

\$10 / Students
\$20 / Campus
Rec Members

Functional Fitness Studio

is closed 10
minutes prior to and
throughout duration
of fitness classes.

- No classes will be held May 25-27 or July 4.
- Sign up online at www.mtsu.edu/campusrec or visit the equipment desk to reserve your spot.

WEDNESDAY

6:15-7:15a	RAIDER FIT Ashleigh	
12:15-12:45p	BODYWEIGHT BLAST Lexi	POWER STRETCH Joanna
5:00-6:00p	WERQ Sonya	
6:00-6:45p	HIIT Ashleigh	

THURSDAY

12:15-12:45p	BARRE Sherri	TRX Josh
5:00-6:00p	YOGA Sarah	
5:30-6:30p	POP PILATES Alex	

FRIDAY

12:15-12:45p	STRONG BODY Joanna	CYCLE 30 Ashleigh
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SATURDAY

11:00-12:00p	TAI CHI Eli	
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Campus Recreation

MIDDLE TENNESSEE STATE UNIVERSITY

Questions? fitness@mtsu.edu



Upstairs
Studio



Functional
Fitness Studio



Cycle
Studio

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'll 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
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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.

Power Stretch

This class is suitable for anyone looking to increase their range of motion and improve posture. Power Stretch will free your body from accumulated tension making you feel relaxed and balanced!

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!

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.

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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