

### MONDAY

6:45am-7:30am

**Pilates**

Anna

Functional Fit Room



12:15pm-12:45pm

**Cardio + Core**

LB

Functional Fit Room



4:15pm-5:15pm

**Restorative Yoga**

Mira

Aerobics Room



4:30pm-5:45pm

**Cycle + Strength**

Shelby

Cycle + Functional Fit Room



6:00pm-6:45pm

**Raider Strong**

Riley

Functional Fit Room



6:30pm-7:30pm

**Power + Restorative Yoga**

Jordan

Aerobics Room



### TUESDAY

6:45am-7:30am

**Cycle**

Shelby

Cycle Room



12:15pm-12:45pm

**Raider Strong**

Ethan

Functional Fit Room



3:45pm-4:30pm

**Power Yoga**

Mira

Aerobics Room



4:30pm-5:00pm

**Cardio + Core**

Dani

Functional Fit Room



4:45pm-5:45pm

**Yin Yoga**

Tam

Aerobics Room



5:15pm-6:15pm

**Cycle + Yoga**

Madeline + Jordan

Cycle + Aerobics Room



6:00pm-6:30pm

**HIIT**

Anna

Functional Fit Room



6:45pm-7:30pm

**Pilates**

Anna

Aerobics Room



### WEDNESDAY

6:45am-7:30am

**Raider Strong**

Ethan

Functional Fit Room



12:15pm-12:45pm

**Cycle 30**

Shelby

Cycle Room



4:00pm-5:00pm

**TRX® + Yin Yoga**

Tam

Functional Fit Room



5:15pm-6:00pm

**Pilates**

Anna

Aerobics Room



5:45pm-6:30pm

**Cycle**

Shelby

Cycle Room



6:15pm-7:15pm

**Restorative Yoga + Meditation**

Jordan

Aerobics Room



6:30pm-7:00pm

**HIIT**

Riley

Functional Fit Room



### THURSDAY

7:00am-7:30am

**Cycle 30**

Shelby

Cycle Room



12:15pm-12:45pm

**TRX® Strength**

Tess

Functional Fit Room



3:45pm-4:45pm

**Restorative Yoga**

Mira

Aerobics Room



4:00pm-4:45pm

**Raider Strong**

Ethan

Functional Fit Room



4:45pm-5:30pm

**Cycle**

Madeline

Cycle Room



5:00pm-6:00pm

**Power + Yin Yoga**

Tam

Aerobics Room



5:30pm-6:00pm

**Cardio + Core**

Dani

Functional Fit Room



### FRIDAY

7:00am-7:30am

**HIIT**

Dani

Functional Fit Room



7:45am-8:30am

**Sunrise Restorative Yoga**

Jordan

Aerobics Room



11:15am-12:00pm

**Pilates**

Anna

Aerobics Room



12:15pm-12:45pm

**Restorative Yoga**

Mira

Aerobics Room



Cardio



Cycle



Strength



Mind + Body



TRX®



30 minutes



45 minutes



1 hour

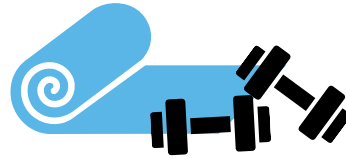


75 minutes



# KNOW BEFORE YOU GO!

come early to your first cycle class  
come 10 minutes early so we can get your bike adjusted



all equipment provided  
you're welcome to bring your own mat

all abilities & experience levels welcome!



don't forget water  
make sure it's in a sealable container



doors close 3 mins after class start time  
\*cycle classes close AT start time\*

## GENERAL INFORMATION

### Dates

Classes run **January 21st-April 25th**

No classes:

- March 10-14th (Spring Break)

Stress Relief Week:

- April 28th-May 1st

### Registration

- [recportal.mtsu.edu](http://recportal.mtsu.edu) > Fitness & Wellness > Group Fitness
- Opens 48 hours before start time
- Drops-in welcome if the class is not full
- Register for classes each time you attend

### Passes

- MTSU students FREE (*no pass needed*)
- Faculty/Staff & other Rec Members
  - Fall Unlimited Pass - \$30
  - Single Class Pass - \$2/class

## ROOM LOCATIONS

All classes are located in the Recreation Center. When you enter the building, turn left and scan your MTSU ID at the turnstiles. Once you walk down the hallway and see the climbing wall, follow the directions below for each room.

### Aerobics Room

1. Go up the stairs or elevator across from the Equipment Desk
2. Go straight ahead at the top of the stairs

### Cycle Room

1. Go up the stairs or elevator across from the Equipment Desk
2. Turn left at the top
3. Follow the hallway all the way past the Cardio Room
4. The room is at the end of the hallway

### Functional Fit Room

1. Turn to the right past the Equipment Desk (before the stairs)
2. Continue down the hallway along the glass walls of the pool
3. The room is on the right (with frosted glass walls and doors)

# DESCRIPTIONS

## CARDIO-BASED

**Cycle** - utilizing stationary cycle bikes, this no-impact, high-intensity class will challenge your cardiovascular and muscular strength and endurance

**Cycle 30** - an express, 30-minute version of cycle with the same intensity and benefits

## COMBINATION

**Cycle + Strength** - a short cycle class for cardio fitness, then off the bike for strength, power, and endurance using equipment and your body weight

**Cycle + Yoga** - start with a ride on the bike and then stretch and relax with a gentle restorative yoga flow

**Power + Restorative Yoga** - the practice will start with muscular endurance and power flows and then move into gentle stretches and breathwork

**Power + Yin Yoga** - the practice will start with muscular endurance and power flows and then move into deep stretches for flexibility

**Restorative Yoga + Meditation** - combine the elements of Restorative Yoga with meditation to help you connect with your mind and body and relax

**TRX® + Yin Yoga** - hone into mobility training with strength, stability, and core training on the TRX® and then deep stretches in a yin practice

## MIND & BODY

**Pilates** - a low-impact, full-body workout to increase muscular strength and improve posture, balance, and flexibility

**Power Yoga** - build endurance and strength while working on flexibility, stability, and mobility through poses and breath work

**Restorative Yoga** - use this practice to rest and renew your mind and body through long holds in restorative poses and breathwork

**Yin Yoga** - this practice will focus on poses that release tension and tightness in tendons and ligaments to increase flexibility

## STRENGTH-BASED

**Raider Strong** - work your muscles for strength, power, and endurance using a variety of equipment and your body weight

**TRX® Strength** - work on muscular strength, endurance, mobility, stability, and balance, with the core being the root of all exercises

## STRENGTH + CARDIO

**Cardio + Core** - increase your cardiovascular fitness and increase the strength, endurance, and stability of all the vital core muscles

**HIIT** - high-intensity interval training focused on short bursts of high-intensity movements and short rests including cardio and strength exercises