



HEALTHY PURSUITS

A Full Spectrum of Fitness & Wellness

SPRING 2019

January 22 – May 11

(No classes over Spring Break)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Power Yoga 11:00 – 11:50am PE 103 • Gabby		Power Yoga 11:00 – 11:50am PE 103 • Gabby	
	Complete Core & More 11:00 – 11:50am PE 104 West • Julie		Complete Core & More 11:00 – 11:50am PE 104 West • Julie	
Indoor Cycling 12:00 – 12:50pm Fitness Loft PE 201 • Jody	Indoor Cycling & More 12:00 – 12:50pm Fitness Loft PE 201 • Jordan/Aaron	Indoor Cycling 12:00 – 12:50pm Fitness Loft PE 201 • Jody	Indoor Cycling & More 12:00 – 12:50pm Fitness Loft PE 201 • Jordan/Louie	Indoor Cycling 12:00 – 12:50pm Fitness Loft PE 201 • Aimee
Barre 12:30 – 1:20pm PE 215 • Chasity (Starts March 4th)	Mat Pilates 12:30 – 1:20pm PE 103 • Beth	Barre 12:30 – 1:20pm PE 215 • Chasity (Starts March 4th)	Mat Pilates 12:30 – 1:20pm PE 103 • Beth	
HIIT 12:30 – 1:00pm PE 104 West • Matt		HIIT 12:30 – 1:00pm PE 104 West • Matt		
	Kettlebells 1:15 – 2:00pm Green Room PE 220 • Vinny		Kettlebells 1:15 – 2:00pm Green Room PE 220 • Vinny	
Flow Yoga 3:30 – 4:30pm PE 103 • Derik	Energize Yoga 3:30 – 4:30pm PE 103 • Erin	Flow Yoga 3:30 – 4:30pm PE 103 • Derik	Energize Yoga 3:30 – 4:30pm PE 103 • Erin	
	Zumba® 5:15 – 6:15pm PE 103 • Cathy		Zumba® 5:15 – 6:15pm PE 103 • Cathy	
	Indoor Cycling 5:15 – 6:05pm Fitness Loft PE 201 • James		Indoor Cycling 5:15 – 6:05pm Fitness Loft PE 201 • James	

• Group Fit Classes • Mind Body Fitness Classes



GROUP FIT

Group Fit classes give you an effective cardio and/or strength workout while you have fun along the way. The classes are available at no charge for all MSU Denver Students. MSU Denver faculty and staff and CCD and CU Denver students, faculty and staff will need to purchase a Campus Recreation Membership to participate.



METROPOLITAN STATE UNIVERSITY™
OF DENVER
Campus Recreation

303-615-1500 | msudenver.edu/campusrec

MIND BODY FITNESS

Mind Body Fitness classes give you a connection from the inside out, all while getting a great workout that relieves stress and focuses the mind. These classes are available at no charge to all AHEC, CCD, MSU Denver and CU Denver students, faculty and staff.



Health Center
at AURARIA

303-615-9999 | healthcenter1.com/wellness

Barre

Get ready to strengthen, sweat and stretch. This fun and energizing class incorporates exercises that uses light weights to sculpt the upper body and work at the barre to tone the legs.

Complete Core & More

A highly efficient, all-body workout that alternates abdominal/back and upper/lower body exercise to improve muscular strength, balance and flexibility.

High Intensity Interval Training

High Intensity Interval Training is a full-body workout that uses a variety of equipment to target every major muscle group and never forgets the cardio. The best part? It's only 30 minutes long.

Indoor Cycling

This low impact, music-driven, varied-intensity workout achieves great cardio benefits and calorie burning. Our cycles are fully adjustable making this class appropriate for all levels from a new rider, to a seasoned cyclist. Bikes are compatible with athletic shoes or bike shoes with SPD cleats.

Indoor Cycling & More

This hybrid class will help your body achieve both cardio and muscular benefits through 25 minutes of low-impact, music-driven, varied intensity workout on an indoor cycle plus 25 minutes of upper and lower body strength training (Tuesdays) and 25 minutes of core work (Thursdays).

Kettlebells

Using just Kettlebells as your equipment, you will learn how to safely use these weights while getting a total body workout. Gain both muscle endurance and muscle strength in Kettlebells and get ready to get sweaty!

Mat Pilates

Strengthen your core while you tone and stretch the muscles in your entire body. Turn your focus inward with concentration on linking a rhythmic breathing pattern to each exercise while you flow through a total body Pilates workout on a mat.

Energize Yoga

Stay invigorated during the midday, combining the physically powerful practice of Vinyasa Yoga along with the nourishing, meditative aspects of Hatha Yoga to get over that midday slump.

Flow Yoga

Calm the mind and tone the body with this active style of yoga. Build internal heat as you link poses together with deep breathing and creative movement sequences that will leave you feeling restored for the week.

Power Yoga

Build heat in the body by warming up with basic stretching and strengthening, and a breath-to-movement flow. Progress to a flowing class interspersed with yoga pose holds to keep up the intensity while you work towards a final flow or posture.

Zumba®

This class will relieve stress while you sweat and dance the class away. Zumba® is a combination of international dance rhythms combined with dance and fitness exercises for a dynamic, fun and engaging workout.



**HEALTHY
PURSUITS**
A Full Spectrum of
Fitness & Wellness

No registration is needed to attend any Healthy Pursuits class*, you will simply register at each class you attend. All equipment is provided. Wearing comfortable clothes you can move in and don't mind working out in is advised. For all Group Fit classes and Zumba® proper athletic shoes are required.

Additional information about Healthy Pursuits and additional activities offered by the Health Center at Auraria and MSU Denver Campus Recreation can be found on the websites listed above.

**For Group Fit classes you need to get your card encoded in PE 108 before attending classes (one time only).*