

SUMMER 2018 SCHEDULE

June 4th - July 28th

(No classes on Memorial Day or on the 4th of July)

Monday	Tuesday	Wednesday	Thursday
POWER BARRE 11:30am - 12:20pm PE 215 . Stephanie	INDOOR CYCLING 12:00pm - 12:50pm PE 201 . Jordan	POWER BARRE 11:30am - 12:20pm PE 215 . Stephanie	INDOOR CYCLING 12:00pm - 12:50pm PE 201 . Jordan
YOGA 12:30pm - 1:30pm PE 103 . Derik	ZUMBA 12:30pm - 1:20pm PE 103 . Becca	YOGA 12:30pm - 1:30pm PE 103 . Derik	ZUMBA 12:30pm - 1:20pm PE 103 . Becca
HITT 12:30pm - 1:00pm PE 201 . Stephanie		HITT 12:30pm - 1:00pm PE 201 . Stephanie	

GROUP FIT* classes give you an effective cardio and/or strength workout. These classes are open and free to all MSU Denver students. CCD students can access the classes for free by first registering in PE 108. All AHEC, CCD and MSU Denver faculty and staff and CU Denver students, faculty and staff are able to participate in the classes with the purchase of a MSU Denver Campus Recreation Membership.

POWER BARRE

Work on full-body definition and balance in this ballet-inspired class. Power Barre uses isometric strength training movements and postures to tone your body while integrating cardio and a fun mixture of music.

HIIT

High Intensity Interval Training is a full-body workout that uses a variety of equipment to target every 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 burns calories with great cardio benefits. The cycles are fully adjustable and are compatible with athletic shoes or bike shoes with SPD cleats.

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 open and free to all AHEC, CCD, MSU Denver and CU Denver students, faculty and staff.

YOGA

Calm the mind and tone the body to build internal heat as you link poses together with deep breathing and creative Yoga movement sequences that will leave you feeling restored for the week.

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 and engaging workout.

* Sponsored by MSU Denver Campus Recreation: 303-615-1500 | msudenver.edu/campusrec

** Sponsored by the Health Center at Auraria: 303-615-9999 | healthcenter1.com/wellness