

# SPRING 2018 SCHEDULE

January 16th - May 5th

(\*No classes over Spring Break and Finals Week)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>INDOOR CYCLING</b> 12:00pm - 12:50pm PE 201 . Nikisha</p> <p><b>SCULPT FUSION</b> 12:30pm - 1:20pm West Court . Stephanie</p> <p><b>HITT</b> 1:30pm - 2:00pm West Court . Stephanie</p> <p><b>FLOW YOGA</b> 3:30pm - 4:30pm PE 103 . Derik</p> <p><b>KETTLEBELLS</b> 3:30pm - 4:30pm PE 220 . Hugo</p>	<p><b>POWER YOGA</b> 10:00am - 10:50am PE 103 . Gabby</p> <p><b>COMPLETE CORE AND MORE</b> 11:00am - 11:50am West Court . Julie</p> <p><b>ZUMBA</b> 11:00am - 11:50am PE 103 . Cathy</p> <p><b>INDOOR CYCLING</b> 12:00pm - 12:50pm PE 201 . Jody</p> <p><b>PILATES</b> 12:30pm - 1:20pm PE 103 . Beth</p> <p><b>BOOT CAMP</b> 12:30pm - 1:20pm West Court Elizabeth</p> <p><b>HITT</b> 1:30pm - 2:00pm West Court Elizabeth</p> <p><b>INDOOR CYCLING</b> 5:15pm - 6:15pm PE 201 . Jordan</p> <p><b>ENERGIZE YOGA</b> 3:30pm - 4:30pm PE 103 . Erin</p> <p><b>ZUMBA</b> 5:15pm - 6:15pm PE 103 . Cathy</p>	<p><b>INDOOR CYCLING</b> 12:00pm - 12:50pm PE 201 . Nikisha</p> <p><b>SCULPT FUSION</b> 12:30pm - 1:20pm West Court Stephanie</p> <p><b>HITT</b> 1:30pm - 2:00pm West Court Stephanie</p> <p><b>FLOW YOGA</b> 3:30pm - 4:30pm PE 103 . Derik</p> <p><b>KETTLEBELLS</b> 3:30pm - 4:30pm PE 220 . Hugo</p> <p><b>POWER BARRE</b> 6:30pm - 7:20pm PE 215 . Elizabeth</p>	<p><b>POWER YOGA</b> 10:00am - 10:50am PE 103 . Gabby</p> <p><b>COMPLETE CORE AND MORE</b> 11:00am - 11:50am West Court . Julie</p> <p><b>ZUMBA</b> 11:00am - 11:50am PE 103 . Cathy</p> <p><b>INDOOR CYCLING</b> 12:00pm - 12:50pm PE 201 . Jody</p> <p><b>PILATES</b> 12:30pm - 1:20pm PE 103 . Beth</p> <p><b>BOOT CAMP</b> 12:30pm - 1:20pm West Court Elizabeth</p> <p><b>HITT</b> 1:30pm - 2:00pm West Court Elizabeth</p> <p><b>INDOOR CYCLING</b> 5:15pm - 6:15pm PE 201 . Jordan</p> <p><b>ENERGIZE YOGA</b> 3:30pm - 4:30pm PE 103 . Erin</p> <p><b>ZUMBA</b> 5:15pm - 6:15pm PE 103 . Cathy</p>	<p><b>INDOOR CYCLING</b> 12:00pm - 12:50pm PE 201 . Nikisha</p> <p><b>POWER BARRE</b> 1:00pm - 1:50pm PE 215 . Marissa</p>

## GROUP FIT\*

classes give you an effective cardio or strength workout while you have fun along the way. 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 faculty & staff are able to participate in the classes with the purchase of a MSU Denver Campus Recreation.

## COMPLETE CORE AND MORE

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

## 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 compatible with athletic shoes or bike shoes with SPD cleats. Bring water and a towel.

## 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.

## BOOT CAMP

Held indoors, Boot Camp challenges your strength and endurance in this high calorie burning, high energy, full-body workout. You'll be saying, "It burns so good!" Be sure to bring water and a towel.

## SCULPT FUSION

Get ready to stretch, strengthen and sweat. Sculpt Fusion combines a variety of equipment with yoga & Pilates sequencing and cardio intervals all while moving to upbeat music.

## 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.

## 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 Kettlebell 101 and get ready to get sweaty!

## KICKBOXING

A Martial Arts inspired workout, Kickboxing is a fun and challenging way to improve your stamina, coordination and strength while burning calories. Be sure to stop by the Front Desk (PE 108) to purchase your own pair of gloves. Along with your gloves, bring water and a towel.

## MIND BODY FITNESS\*\*

is defined as 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.

## 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 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, this class will 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 and engaging workout.

\* Sponsored by MSU Denver Campus Recreation: 303-615-1500 | [msudenver.edu/campusrec](http://msudenver.edu/campusrec)

\*\* Sponsored by the Health Center at Auraria: 303-615-9999 | [healthcenter1.com/wellness](http://healthcenter1.com/wellness)