

THE Rec CENTER

At Colorado State University

Fitness Class Schedule - SPRING 2012

Regular Schedule: 1/17 - 5/5
Spring Break Schedule: 3/10 - 3/17
Finals Schedule: 5/6 - 5/11

Check our website for class descriptions at campusrec.colostate.edu

Class Descriptions on Back →

*Free Preview: January 17th - January 25th on Mind Body and Cycle classes! Also Receive \$10 off unlimited Mind Body and Cycle passes!
Schedule subject to change, check website for updates.
Last Updated: 12/19/2011*

MONDAY				
CYCLING STUDIO				
430 - 530 PM	Ride 60	Rachael H	C	CP
545 - 645 PM	Ride 60	Jessica C	C & S2	CP
700 - 800 PM	Ride 60	Kristen A	C	CP
MIND AND BODY STUDIO				
730-830 AM	Hatha Yoga	Jayme S	S4	MBP
1215-100 PM	Integral Yoga	Michael	S4	MBP
245-400 PM	Gentle Flow	Henrietta	S4	MBP
430-530 PM	Pilates Mat	Ellen	S4	MBP
600-715 PM	Vinyasa	Laurie R	S4	MBP
700-800 PM	Yoga Sculpt	Rachael H	S2	MBP
GROUP FIT - Studio 1 and 2				
715-800AM	Cardio Kickbox & Strength	Angela B	S1	FREE
1100-1145 AM	Cardio Kickboxing	Patty M	S1	FREE
1215-100 PM	Chiseled & Core	Ashley L	S1	FREE
330-400 PM	ABSolution	Kimberly B	S1	FREE
415-515 PM	Step to the Beat	Dani J	S1	FREE
430-530 PM	Barbell Body Blitz	Jessica C	S2	FREE
530-615 PM	Med Ball Strength & Cond.	Kristin S	S1	FREE
630-730 PM	TNT Cardio Kick-Box & Core	Kristin S	S1	FREE
745-845 PM	Hip-Hop	Amanda Z	S1	FREE
900-1000PM	Zumba	Breonna	S1	FREE
TUESDAY				
CYCLING STUDIO				
615-700 AM	Ride 45	Melissa S	C	CP
1215-100 PM	Ride 45	Ashley L	C	CP
500 - 615 PM	ZEN Ride (meets in cycle studio)	Sam Ri	C & S2	CP
600 - 645 PM	Ride 45	Liesel	C	CP
700-800 PM	Ride 60	Melissa S	C	CP
MIND AND BODY STUDIO				
730-845 AM	Yoga Flow	Sam Ri	S4	MBP
1130-1215 PM	Beginning Yoga	Michael	S4	FREE
400-515 PM	Power Yoga	Jaime P	S4	MBP
500-615 PM	ZEN Ride (meets in cycle studio)	Sam Ri	C & S2	MBP
700-745 PM	Meditation	Shivaji	S4	FREE
800-915 PM	Hatha Yoga	Jill	S4	MBP
GROUP FIT - Studio 1 and 2				
715-815 AM	Chiseled	Alex S	S1	FREE
1100-1145AM	Zumba 45	Audry K	S1	FREE
1215-1245 PM	ABSolution	Kim F	S1	FREE
115-200 PM	Cardio Interval & Strength	Dani J	S1	FREE
400-445 PM	Med Ball Strength & Cond.	Patty M	S1	FREE
500-600 PM	TNT Cardio Kickboxing	Dianne B	S1	FREE
615-715 PM	Dance Fever	Jessica B	S1	FREE

TUESDAY continued.....				
730-800 PM	Tabata Attack	Kristin S	S1	FREE
815-845 PM	ABSolution	Ann G	S1	FREE

WEDNESDAY				
CYCLING STUDIO				
1215 - 100 PM	Ripped Rotation 30	Ashley L	C & S2	CP
430 - 530 PM	Ride 60	Patrick S	C	CP
545 - 645 PM	Ride 60	Liesel	C	CP
700 - 800 PM	Ride 60	Kristen A	C	CP
MIND AND BODY STUDIO				
800-900 AM	Beginning Yoga	Jamie P	S4	FREE
1215-100 PM	Power Yoga	Sam Ri	S4	MBP
245-400 PM	Viniyoga	Henrietta	S4	MBP

430-530 PM	Pilates Mat	Ellen	S4	MBP
545-700 PM	Integral Yoga	Michael	S4	MBP
715-815 PM	Yoga Sculpt	Rachael H	S2	MBP
715-815 PM	Beginning Yoga	Michael	S4	FREE
830-945 PM	Restorative Yoga	Sam Ri	S4	MBP
GROUP FIT - Studio 1 and 2				
615-700 AM	BOSU Body & Core	Roz R	S1	FREE
645-730 AM	Cardio Interval & Strength	Ann G	S2	FREE
1100-1145 PM	Cardio Kickboxing	Patty M	S1	FREE
1200-1230 PM	Tabata Attack	Kristin S	S1	FREE
330-400 PM	BOSU Body & Core	Kimberly B	S1	FREE
415-515 PM	Boot Camp	Aaron A	S1	FREE
430-530 PM	Barbell Body Blitz	Angela B	S2	FREE
530-630 PM	Hip Hop	Amanda Z	S1	FREE
645-745 PM	Step and Strength	Kristin S	S1	FREE
800-845 PM	Hoop La Fit	Kim F	S1	FREE
900-1000 PM	Zumba	Noelle B	S1	FREE

THURSDAY				
CYCLING STUDIO				
615-700 AM	Ride 45	Rachel H	C	CP
430-545 PM	ZEN Ride (meets in cycle studio)	Sophie	C & S2	CP
630-730 PM	Ripped Rotation 45	Patrick S	C & S2	CP
MIND AND BODY STUDIO				
730-845 AM	Yoga Flow	Sam Ri	S4	MBP
1130-1215 PM	Beginning Yoga	Jamie S	S4	FREE
330-430 PM	Pilates	Anna C	S4	MBP
430-545 PM	ZEN Ride (meets in cycle studio)	Sophie	C & S2	MBP
500-615 PM	Vinyasa	Laurie R	S4	MBP
630-730 PM	Beginning Yoga	Jamie P	S4	FREE
600-700 PM	Yoga Sculpt	Rachael H	S2	MBP
800-915 PM	Intermediate Hatha Yoga	Jill	S4	MBP
GROUP FIT - Studio 1 and 2				
615-700 AM	Boot Camp	Roz R	S1	FREE
11-1145 AM	Chiseled & Core	Ashley L	S1	FREE
1215-100 PM	Zumba	Audrey K	S1	FREE
315-345 PM	ABSolution	Roz R	S1	FREE
400-500 PM	Zumba	Breonna	S1	FREE
515-615 PM	Super Double Step (advanced)	Kristin S	S1	FREE
630-730 PM	Chiseled	Jessica C	S1	FREE
745-815 PM	ABSolution	Ann G	S1	FREE
830-930 PM	Hip Hop	Jessica B	S1	FREE

FRIDAY				
CYCLING STUDIO				
700-800 AM	Ripped Rotation 45	Patrick S	C & S2	CP
1215-100 PM	Ripped Rotation 30	Ashley L	C & S2	CP
430-515 PM	Ride 45	Patrick S	C	CP

FRIDAY continued.....				
MIND AND BODY STUDIO				
500-600 PM	Yoga Sculpt	Rachael H	S2	MBP
GROUP FIT - Studio 1 and 2				
715-815 AM	Cardio Kickboxing & Core	Angela B	S1	FREE
1215-100 PM	Cardio Interval & Strength	Kristin S	S1	FREE
415-445 PM	ABSolution	Grant	S1	FREE
515-600 PM	Cardio Kickboxing	Patty M	S1	FREE
615-715 PM	Zumba	Noelle B	S1	FREE

SATURDAY				
CYCLING STUDIO				
1030-1200 PM	Ripped Ride Extreme	Rotating	C & S2	CP
MIND AND BODY STUDIO				
1000-1115 AM	Yoga Flow		S4	MBP
GROUP FIT - Studio 1 and 2				
1100-1200 PM	Kickbox & Strength	Ann G	S1	FREE

SUNDAY				
CYCLING STUDIO				
630-730 PM	Ride 60	Kristen A	C	CP
MIND AND BODY STUDIO				
430-545 PM	Power Yoga	Jamie P	S4	MBP
600-700 PM	Power Vinyasa	Kylie C	S4	MBP
GROUP FIT - Studio 1 and 2				
400-500 PM	Zumba	Audry K	S1	FREE
515-545 PM	ABSolution	Amanda Z	S1	FREE
600-700 PM	TNT Cardio Kick-Boxing	Amanda Z	S1	FREE
715-815 PM	Chiseled	Patty M	S1	FREE

INFORMATION

Class Locations	Spring Semester Passes
All fitness classes are held in the Rec Center. Rooms are identified as: Studio 1: S1 Studio 4: S4 Studio 2: S2 Cycle Studio: C	Single Mind Body (MBP)... \$4 Unlimited Mind Body (MBP)... \$69 Single Cycle Class (CP)... \$4 Unlimited Cycle (CP)... \$35 Unlimited Cycle + Mind Body (CP & MBP) \$85
Participation Guide	
Our Classes are developed to meet various levels of experience, most require no experience. Come and have fun!	
Cycling Reservations Recommended	
Participants may reserve a class position by calling 491-6359 or by visiting the Service Center, 24 hours in advance. Spots not reserved are available on a first-come first-served basis. Classes limited to 20 participants. Reservations forfeited 5 minutes prior to start & spots issued to stand-by participants.	

How do you Rec?