# June Group Fitness Schedule

**June 1-July 1**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
</table>
| 8:00-8:45 am  
*Jump Start (LL)* | 8:00-8:45 am  
*Jump Start (LL)* | 6:30-7:30 am  
*Rise & Shine Yoga (Staff)* | 6:30-7:30 am  
*Rise & Shine Yoga (Staff)* |
| 5:30-6:15 pm  
*H.I.I.T. Fit (Raeann)* | 5:30-6:30 pm  
*SHINE (Raeann)* | 5:30-6:30 pm  
*SHINE (Raeann)* | 5:45-6:45 pm  
*Mixed Levels Yoga (LL)* |
| 5:45-6:45 pm  
*Mixed Levels Yoga (LL)* | | | |

**KEY:**  
- Studio 1  
- Studio 2

---

### Class Descriptions

#### Cardio & Strength

**H.I.I.T. Fit:** (High Intensity Interval Training): A high-intensity workout that focuses on full body strength conditioning paired with cardio bursts. (Intermediate/Advanced)

**Jump Start:** A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low impact)

**SHINE:** A dance fitness program rooted in traditional jazz, ballet, and hip-hop that ensures a high energy, full body workout through simple yet-effective choreography. (All levels)

#### Mind & Body

**Mixed Levels Yoga:** This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. (All levels)

---

**ALL CLASSES ARE FREE**

- KStateRec  
- KStateRec  
- recservices.k-state.edu  
- (785) 532-6980